

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Brownie Pudding
Makes 8 servings**

Ingredients

1 cup white whole wheat flour **or** all-purpose flour
½ cup sugar
¼ cup cocoa powder
1 ½ teaspoon baking powder
¼ teaspoon salt
½ cup 1% or skim milk
2 tablespoons oil
1 ½ teaspoon vanilla extract
½ cup chopped walnuts (optional)

½ cup packed brown sugar
¼ cup cocoa powder
1½ cup boiling water

Directions

1. Preheat oven to 350° degrees. Lightly grease a 1½ quart baking dish or 8x8x2 inch pan
2. In a medium bowl, combine flour, sugar, cocoa powder, baking powder, salt. Stir in milk, egg, oil and vanilla until smooth. Spread mixture into greased pan.
3. Stir together brown sugar, 1 tablespoon cocoa powder and boiling water. Carefully pour the hot liquid evenly over the brownie mixture. Do not stir.
4. Bake for 25-30 minutes, or until cake is firm and floats in sauce. Let rest 10 minutes. Serve warm with fat-free whipped topping.

Nutritional Information per serving:

Calories: 192	Carbohydrates: 34g
Total Fat: 5g	Cholesterol: 35mg
Saturated Fat: 6g	Dietary Fiber: 2g
Sodium: 80mg	Protein: 3g