



Chocolate Brownies

Makes 16 brownies

1/2 cup (113 grams) of unsalted butter
1 – 8 ounce or 200 gram bar of dark chocolate (can be semi-sweet) cut into chunks
3/4 cup (155 grams) white sugar
1/4 cup (55 grams) light brown sugar*
3 large eggs at room temperature
1 tsp. vanilla extract
3/4 cup (96 grams) white flour
1/2 tsp. salt

Prep an 8x8 inch (20x20 cms) by lining it with parchment paper or lightly buttered foil. Overlap the liner over the sides of the pan.

Heat your oven to 350 degrees F (175 C).

Place the chocolate and the butter in a small pan over a larger one with simmering water. Allow the chocolate and butter to melt, stirring occasionally. Do not let it boil. Once the chocolate is melted remove the smaller pan from the one with simmering water and allow the chocolate to cool down.

Mix the flour and salt in a small bowl.

Once the chocolate is cooled whisk in the sugar. Add the eggs one at a time and whisk after each addition. Mix in the vanilla. Add the flour and mix until you no longer have any white spots. Do not overbeat the batter.

Pour the batter into the pan and bake for 40 to 45 minutes. Don't over bake these. When you insert a pick you should have sticky crumbs stuck to it. Cool completely and cut into 16 squares.

*If you cannot find light brown sugar go ahead and use 1 cup (200 grams) of white sugar.

CALORIES 220.66; FAT 12.75 grs (sat 7.42; mono 3.65; poly 0.59); PROTEIN 2.94 grs ; FIBER 1.70 grs; CARBS 23.87 grs; CHOLESTEROL 50.56 mg; IRON 2.19 mg; SODIUM 91.17 mg; CALCIUM 21.27 mg