



Candy Cane Brownies



1/16th of recipe: 156 calories, 3g total fat (1.5g sat. fat), 278mg sodium, 31g carbs, 1.5g fiber, 18g sugars, 1.5g protein

Prep: 10 minutes **Cook:** 20 minutes

Cool: 1 1/2 hours



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Ingredients

1/3 cup chocolate frosting
1 sugar-free chocolate pudding snack with 60 calories or less (like the kind by Jell-O)
1 box moist-style devil's food cake mix (15.25 - 18.25 oz.)
One 15-oz. can pure pumpkin
1/4 tsp. peppermint extract
2 standard-sized candy canes *or* 8 mini candy canes

Directions

Preheat oven to 400 degrees. Spray a 9" X 13" baking pan with nonstick spray.

In a medium bowl, mix frosting with pudding until smooth and uniform. Cover and refrigerate.

In a large bowl, mix cake mix, pumpkin, and peppermint extract until smooth and uniform. (Batter will be thick.)

Finely crush *half* of the candy canes, and stir into the batter. Spread batter into the baking pan.

Bake until a toothpick inserted into the center comes out clean, 18 - 20 minutes.

Let cool completely, about 1 1/2 hours.

Spread brownies with frosting mixture. Just before serving, roughly crush the remaining candy canes, and sprinkle over frosted brownies. Enjoy!

MAKES 16 SERVINGS

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