



Brownie Crumble Yogurt Bonanza



1/2 of recipe (1 bowl): 197 calories, 3g total fat (1.5g sat. fat), 237mg sodium, 36g carbs, 3.5g fiber, 22g sugars, 6.5g protein

Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 15 minutes



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Ingredients

1/4 cup moist-style devil's food cake mix
3 tbsp. canned pure pumpkin
1 cup fat-free vanilla yogurt
2 tbsp. unsweetened cocoa powder
2 tsp. mini semi-sweet chocolate chips

Directions

In a medium microwave-safe bowl sprayed with nonstick spray, combine cake mix with pumpkin. Add 1 1/2 tbsp. water, and mix until completely smooth and uniform.

Microwave for 1 1/2 minutes, or until set.

Immediately run a knife along the edges to separate the brownie from the bowl. Firmly place a plate over the bowl, and flip so that the plate is on the bottom. Gently shake bowl to release brownie onto the plate.

Let cool completely, about 15 minutes.

Meanwhile, in a medium bowl, mix yogurt with cocoa powder until uniform. Divide between two medium bowls.

Break and crumble brownie into pieces. Divide between the two medium bowls.

Top with chocolate chips.

MAKES 2 SERVINGS

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