



## PB Brownies with a Twist



1/9th of recipe: 93 calories, 3g total fat (1.5g sat. fat), 170mg sodium, 28g carbs, 3g fiber, 2.5g sugars, 4g protein

**Prep:** 10 minutes    **Cook:** 35 minutes

**Cool:** 10 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

1 cup roughly chopped cauliflower  
3/4 cup whole-wheat flour  
2/3 cup unsweetened vanilla almond milk  
2/3 cup natural no-calorie sweetener that measures like sugar  
1/2 cup unsweetened dark cocoa powder  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
2 tbsp. light/reduced-fat cream cheese  
2 tsp. vanilla extract  
1 tsp. baking powder  
Dash salt  
3 tbsp. peanut butter baking chips, chopped

### Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a food processor, pulse cauliflower to the consistency of coarse breadcrumbs. In a covered microwave-safe bowl, microwave cauliflower for 2 minutes. Uncover and stir. Recover and microwave for 2 more minutes, or until hot and soft.

Transfer cauliflower to a fine-mesh strainer to drain and cool for 10 minutes.

Using a clean dish towel (or paper towels), firmly press out as much liquid as possible. Return cauliflower to the large bowl. Add all remaining ingredients *except* baking chips, and mix well. (Batter will be thick.)

Fold in half of the chopped baking chips. Spread batter into the baking pan, and smooth out the top.

Top with remaining baking chips, and lightly press to adhere. Bake until a toothpick or knife inserted into the center comes out mostly clean, 25 - 30 minutes.

**MAKES 9 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

