



## 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

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**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

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.