

Brownies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/4 cup 2 Tbsp		3/4 cup	1. Cream oil, sugar, salt, vanilla, and applesauce for 5 minutes in mixing bowl on medium speed, using a paddle attachment. Scrape down the sides of the bowl.
Sugar	13 oz	1 3/4 cups 2 Tbsp	1 lb 10 oz	3 3/4 cups	
Salt		3/4 tsp		1 1/2 tsp	2. Add egg whites and beat on medium speed for 1 minute. Scrape down the sides of the bowl.
Vanilla		3/4 tsp		1 1/2 tsp	
Canned applesauce	10 oz	1 1/4 cups	1 lb 4 oz	2 1/2 cups	3. Beat together flour, cocoa, and baking powder.
Fresh large egg whites OR		5 each		10 each	
Frozen egg whites, thawed	6 oz	3/4 cup	12 oz	1 1/2 cups	4. Add dry ingredients to egg mixture. Mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down the sides of the bowl. Batter will be very thick.
All-purpose flour	7 1/2 oz	1 3/4 cups	15 oz	3 1/2 cups	
Cocoa		3/4 cup	6 oz	1 1/2 cups 2 Tbsp	5. For 25 servings, spread 2 lb 9 oz (1 qt 3/4 cup) batter in a lightly greased quarter-sheet pan (9" x 13" x 1"). For 50 servings, spread 5 lb 3 oz (2 qt 1 1/2 cups) batter in a lightly greased half-sheet pan (18" x 13" x 1").
Baking powder		1 1/2 tsp		1 Tbsp	
Chopped walnuts (optional)		1/2 cup	4 oz	1 cup	6. Sprinkle nuts (optional) over batter.
					7. To Bake: Conventional Oven: 350 degrees F, 20 to 30 minutes Convection Oven: 300 degrees F, 18 to 25 minutes Bake until set, but still moist in the center.
					8. For 25 servings, cut a quarter-sheet pan 5 x 5 (25 pieces per pan). For 50 servings, cut a half-sheet pan 5 x 10 (50 pieces per pan).

SERVING:	YIELD:	VOLUME:
1 piece	25 Servings: 2 lb 8 oz	25 Servings:
	50 Servings: 5 lb	50 Servings:

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Special Tip: Brownies may be sprinkled with powdered sugar or iced with Brownie Icing (B-21).

Nutrients Per Serving					
Calories	134	Saturated Fat	.8 g	Iron	.9 mg
Protein	2 g	Cholesterol	0 mg	Calcium	23 mg
Carbohydrate	25 g	Vitamin A	0 RE/4 IU	Sodium	112 mg
Total Fat	3.8 g	Vitamin C	0 mg	Dietary Fiber	1 g