

Pumpkin Brownies

Moist pumpkin squares with cinnamon, nutmeg and ginger.

Ingredients

1 cup canned solid pack pumpkin
1 1/4 cup whole wheat flour
1 cup packed dark brown sugar (or brown sugar substitute)
1 tsp low sodium baking powder
2 tsp ground cinnamon
1/2 tsp ground ginger
1 tsp ground nutmeg
1/2 tsp salt
1/2 tsp baking soda
1/4 cup low fat buttermilk
1/4 cup vegetable oil
2 tsp vanilla extract
2 eggs , well beaten
1/2 cup walnuts , finely chopped
Cooking spray



Directions

- 1 Preheat oven to 375°F. Coat a 13" x 9" x 2" baking pan with nonstick cooking spray.
- 2 Combine all ingredients and beat well, about 400 strokes. Pour into prepared pan and bake for 30 to 40 minutes.
- 3 Cool on baking rack; cut into bars.

Makes 48 servings

Nutrition Facts:

Calories 104
Total Fat 4.5g
Total Carbohydrates 15g
Dietary Fiber 1.5g
Protein 2g

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