

Better For You Yogurt Brownies

Use ½ cup of non-fat yogurt to replace 2 eggs and ½ cup oil in any brownie or cake mix.

Ingredients:

½ cup plain or vanilla non-fat yogurt

1 package of Duncan Hines Chewy Fudge Brownie Mix

¼ cup water (as printed on the box)

Directions:

Combine all ingredients to form a batter.

Bake according to the package directions.

Let cool, eat, and enjoy.

Serves: 12

Nutrition per Serving (vanilla yogurt):

Calories 103; Total Fat 2g; Saturated Fat 0g; Trans Fat 0g; Cholesterol 0mg; Sodium 92mg;
Potassium 0mg; Total Carbohydrate 22g; Dietary Fiber 1g; Protein 1g