



# Toasted Almond Brownies & Fresh Strawberries

modified from The Phytopia Cookbook  
 (www.healthstepsrx.com/shops/phytopia.htm)

**Number of Servings: 16**  
**Calories Per Serving: 178**  
**CPF Ratio: 70-9-21**

## Cooking Instructions

1. Preheat oven to 350 degrees. In a large mixing bowl, whisk together cocoa, water and oil.
2. Blend tofu in a food processor or blender until reaches the consistency of mayonnaise (can store remaining blended tofu in refrigerator for one week).
3. Add the blended tofu, sugar, vanilla and eggs, mix well; stir in flour.
4. Pour into ungreased 8-inch pan, sprinkle with almonds and bake for 30 minutes. Top will be shiny, but firm; the almonds will be toasted. Slice into 16 equal servings (about 2-inches square).
5. Slice fresh strawberries (approximately 1/2 cup) on top and serve with nonfat vanilla yogurt or skim or soy milk as meal plan allows.

**Note:** The amount and type of fat in these brownies, is healthier than traditional brownies, and they disappear even quicker than traditional brownies (delicious). Almonds and tofu and cocoa have healthy antioxidants that help fight disease (but still be cautious to serving size).

### Exchanges Per Serving:

1/4 Bread & Cereal  
 1 1/4 Other Carbohydrates  
 1/2 Fruit  
 1/2 Fat

(2 Carbohydrate Choices)

## Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
COCOA, UNSWEETENED	European-style or Dutch-processed	1/2 cup	43
WATER		1/4 cup	0

Nutrition Information	
Serving Size: 1/16 of recipe-approximately 2 inch	
Servings: 1	
Amount Per Serving	
<b>Calories</b> 178	Calories from Fat 37
% Daily Value*	
<b>Total Fat</b> 4g	<b>7%</b>
Saturated Fat 1g	<b>3%</b>
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 14mg	<b>1%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 3g	<b>13%</b>
Sugars 22 g	
<b>Protein</b> 4 g	
Vitamin A 1%	■ Vitamin C 78%
Calcium 5%	■ Iron 11%
* Percent Daily Values are based on a 2,000 calorie diet	

**Toasted Almond Brownies & Fresh Strawberries (continued)**

CANOLA OIL		2 tbsp	28
TOFU, REGULAR, RAW	blended	1/2 cup	124
SUGAR	granulated	1 1/2 cup	300
VANILLA EXTRACT		1 tsp	4
EGG WHITES	lightly beaten	2 large	67
EGG	slightly beaten	1 egg	58
WHITE FLOUR	unbleached	1 cup	120
ALMONDS	chopped or sliced	1.5 oz	43
STRAWBERRY, RAW	sliced	8 cups	<u>1,328</u>
	Recipe Total:		2,115
	Single Serving Total:		132