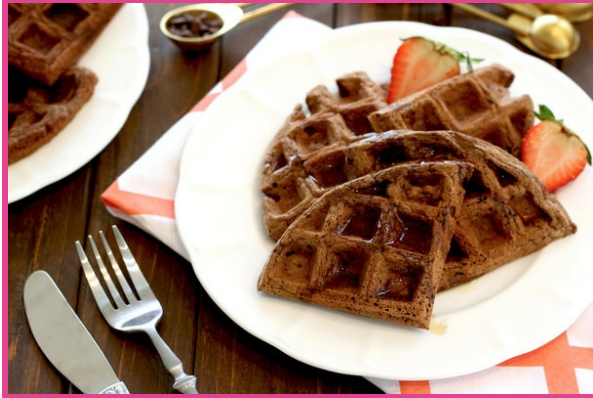




Double Chocolate Brownie Waffles



1/2 of recipe (1 waffle): 217 calories, 4g total fat (2g sat. fat), 415mg sodium, 39.5 carbs, 2g fiber, 23g sugars, 6.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1/2 cup moist-style devil's food cake mix
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
1/3 cup unsweetened applesauce
2 tsp. mini semi-sweet chocolate chips
Optional toppings: light pancake syrup, light whipped topping

Directions

In a medium bowl, combine all ingredients *except* chocolate chips. Whisk with a fork until uniform.

Stir in chocolate chips.

Spray a standard waffle maker with nonstick spray, and set heat to medium.

Once hot, pour half of the batter into the center of the waffle maker. Close and cook for 2 minutes, or until cooked through.

Repeat to make a 2nd waffle.

MAKES 2 SERVINGS

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