

Cheesecake Brownies

Everyone loves gooey chocolate brownies and decadent cheesecake, and our dessert has them both, as well as being K-balanced. We think our cheesecake brownie is one of the most delicious - and easiest - renditions of this classic all American treat.

Prep Time: 10 Minutes.

Bake Time: 45 Minutes.

Ready in approx: 55 Minutes.



nonstick cooking spray

Cheesecake Mixture

1/2 cup	1% cottage cheese	120 ml
4 oz	reduced-fat (Neufchatel) cheese	112 g
2 tbsp	sugar	30 ml
2 tbsp	Splenda or stevia	30 ml
1/4 cup	all-purpose flour	60 ml
2	egg whites	2
1/4 tsp	vanilla extract	1.25 ml

Brownie Mixture

1/2 cup	vital wheat gluten	120 ml
1/3 cup	unsweetened cocoa powder	80 ml
3 tbsp	vanilla soy powder	45 ml
3 tbsp	sugar	45 ml
2 tbsp	Splenda or stevia	30 ml
1/2 tsp	baking powder	2.5 ml
1/2 cup	unsweetened applesauce	120 ml
3/4 cup	low-fat buttermilk	180 ml
4	egg whites	4
1 tsp	vanilla extract	5 ml

Directions

- 1 Preheat the oven to 325F. Lightly spray an 8-inch square baking pan.
- 2 To make the cheesecake mixture, in a food processor process the cottage cheese, cream cheese, sugar, Splenda or stevia, flour, egg whites and vanilla and pulse until smooth. Set aside.

- 3 To make the brownie, in a large mixing bowl whisk together the wheat gluten, cocoa powder, soy powder, sugar, Splenda or stevia and baking powder. In a small bowl, stir together the applesauce, buttermilk, egg whites and vanilla extract. Stir the liquid ingredients into the dry and mix just until blended.
- 4 Pour the brownie mixture into the pan and top with the cheesecake mixture. Using a knife, carve S shapes into the batter to marbleize the top. Bake until lightly golden, 40 to 45 minutes or until a toothpick inserted in the center comes out with just a few moist crumbs. Cool in the pan, on a wire rack. Cut into 16 squares.

Information per serving:

K-Count: 1

Calories: 87

Carbs: 9g

Proteins: 8g

Fats: 2g

Recipe courtesy of Kinetix