

Brownie Bites

Prep: 10 minutes

Cook: 10 minutes

Ingredients:

- 1 box moist-style devil's food cake mix (15.25 - 18.25 oz.)
- One 15-oz. can pure pumpkin
- 1/2 cup mini semi-sweet chocolate chips (optional)



Directions:

Preheat oven to 400 degrees. Spray two 24-cup mini muffin pans with nonstick spray.

In a large bowl, combine all ingredients *except* chocolate chips. Mix until smooth and uniform. Batter will be thick. Fold in chocolate chips.

Evenly distribute batter among the cups of the muffin pans, and smooth out the tops.

Bake until a toothpick inserted into the center of a muffin comes out clean, about 8 minutes.

MAKES 24 SERVINGS

Nutrition Information: (Per Serving; 2 brownie bites):

With choc chips:

105 Calories
3 g Fat
20 g Carbs
2 g Protein

NO choc chips:

70 Calories
1 g Fat
15 g Carbohydrate
1 g Protein

Brownies Prepared Using Box Instructions	
24 Servings w/ Choc Chips	24 Servings w/ NO choc chips:
135 Calories	115 Calories
6 g Fat	5 g Fat
18 g Carbohydrate	15 g Carbohydrate
2 g Protein	2 g Protein

Recipe From:

<http://www.hungry-girl.com/weekly-recipes/low-calorie-party-food-chorizo-shrimp-flatbread-mexican-brownie-bites>

8 Benefits Of Pumpkin



1. Pumpkin is very rich in carotenoids, which is known for keeping the immune system of an individual strong and healthy.



2. Beta-carotene, found in pumpkin, is a powerful antioxidant as well as an anti-inflammatory agent.



3. It helps prevent build up of cholesterol on the arterial walls, thus reducing chances of strokes.

4. Being rich in alpha-carotene, pumpkin is believed to slow the process of aging and also prevent cataract formation.



5. Pumpkins have been known to reduce the risk of macular degeneration, a serious eye problem than usually results in blindness.

6. The high amount of fiber, present in a pumpkin, is good for the bowel health of an individual.

7. Being loaded with potassium, pumpkin is associated with lowering the risk of hypertension.

www.healthfuldietandnutrition.com

8. The presence of zinc in pumpkins boosts the immune system and also improves the bone density.

<https://kyliemcgraw.wordpress.com/2015/09/02/5-minute-pumpkin-oatmeal/>

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