

Frosted Walnut Brownies

Ingredients:

Brownies:

1 box moist-style devil's food cake mix
(15.25 - 18.25 oz.)

One 15-oz. can pure pumpkin

Frosting:

1/4 cup powdered sugar

1/2 cup of cold non-fat milk (plus
additional for consistency)

8 oz Light Cool Whip

1/2 cup chopped walnuts

1 (1.4oz) package Sugar-Free instant
pudding



Directions:

Brownies:

1. Preheat oven to 400 degrees. Spray a 9" X 13" baking pan with nonstick spray.
2. In a medium bowl, mix pudding with frosting. Cover and refrigerate.
3. In a large bowl, thoroughly mix cake mix with pumpkin. (Batter will be thick.) Spread mixture into the baking pan.
4. Bake until a toothpick inserted into the center comes out clean, 18 - 20 minutes. Let cool completely, about 1 1/2 hours.

Frosting:

1. Mix pudding mix, milk and powdered sugar with mixer for 1 minute until creamy.
2. Fold in cool whip.
3. Spread on cake and sprinkle with walnuts. Slice and enjoy! (Refrigerate leftovers.)

Nutrition Information (Per Serving)

1/16 Recipe

150 Calories

6 g Fat

23 g Carbohydrate

2 g Protein

1/24 Recipe

100 Calories

4 g Fat

15 g Carbohydrate

2 g Protein

Brownie Recipe from

<http://www.hungry-girl.com/recipe-makeovers/show/2431-low-calorie-walnut-fudge-brownies-recipe>