

5-ingredient Healthy Brownies

from the video **7 Desserts That Are 5 Ingredients Or Less**

by Joey Firoben

Serves 9

Ingredients

1 cup dark chocolate, melted

1/2 cup egg whites

1/3 cup honey

1/3 cup whole wheat flour

1 pinch salt



Preparation

1. In a small microwave-safe bowl, microwave the chocolate in 15 to 30-second intervals, stirring occasionally, until completely melted. Set aside.
2. While the chocolate cools a bit, beat the eggs thoroughly with a whisk until foamy and pale.
3. Pour in the honey and melted chocolate and whisk until fully combined.
4. Sprinkle in the whole wheat flour and salt. Fold the batter together with a spatula just until the flour disappears.
5. Pour the batter into a greased 8x8-inch baking tin and spread the top into an even layer.
6. Bake for 15 minutes, until the batter has just begun to set.
7. Let the brownies cool at least another 30 minutes before slicing and serving.
8. Enjoy!

Nutrition Information: (Per Serving)

1/9th Recipe

150 Calories

4 g Fat

22 g Carbohydrate

7 g Protein

1/12th Recipe

110 Calories

3 g Fat

16 Carbohydrate

5 g Protein

Recipe from: <https://tasty.co/recipe/5-ingredient-healthy-brownies>

Nutrition info from MyFitness Pal