

Kicked-Up Canadian Brownie

This Kicked-up Canadian Brownie uses Coasun Shortening Alternative blend for a healthy spin on a decadent brownie. This brownie is trans fat free and low in saturated fat - see the nutritional information below. The “kick” in this brownie is from the coffee- the darker the roast the better, and for a little extra crunch and flavour, some roasted hazelnuts. Enjoy these brownies with a warm cup of coffee!

	Baker's %
All-purpose flour	100.0%
White Sugar	166.04%
Corn Syrup, 42% HFCS	24.99%
Coasun SA	67.02%
Vanilla	4%
Liquid Whole eggs	37.37%
Salt	4%
Baking powder	0.98%
Brewed coffee	18.68%
Roasted, chopped hazelnuts	35.00%

Nutrition Facts		Coalean "shortening alternative" brownie (40 g)
Serving Size		
Servings Per Container		
	Amount	% DV*
Calories	150	
Fat	6 g	9 %
Saturated + Trans	1 g	5 %
Polyunsaturated	0 g	
Omega-6	1.5 g	
Omega-3	0.7 g	
Monounsaturated	0.3 g	
Cholesterol	3.5 g	
Sodium	15 mg	5 %
Carbohydrate	150 mg	6 %
Fibre	23 g	8 %
Sugars	1 g	4 %
Protein	16 g	
Vitamin A	2 g	
Vitamin C		0 %
Calcium		0 %
Iron		0 %
		4 %

* DV = Daily Value

1. Preheat oven to 350 °C. Pretreat 8” square baking pan with non-stick cooking spray. Deposit 500 g in pan.
2. Brew strong coffee and let cool.
3. Add all ingredients except for hazelnuts to mixing bowl (single stage mix). Start on low speed and slowly increase to speed 3 for 1 minute.
4. Add hazelnuts and mix on low speed until incorporated.
5. Bake for 24 minutes.