

Healthy Living Program's Recipe Corner

~ eat light, clean, eat well! ~



Clean Eating Recipe of the Week from [HLP](#):

Mocha Brownie Cookies

(Makes 24 cookies)

Ingredients

- 6 egg whites
- pinch of sea salt
- 3/4 cup organic evaporated cane juice
- 3/4 unsweetened cocoa powder
- 1/2 tsp pure vanilla extract
- 1 oz dark chocolate, chopped
- 1/2 cup chopped unsalted walnuts
- 1 tsp espresso powder (instant only)



Instructions

Line 2 cookie sheets with parchment paper. Preheat oven to 350 degrees F.

In a large bowl, beat egg whites with salt using an electric beater until soft peaks form. Gradually add cane juice and continue beating until stiff peaks form. Add cocoa powder, espresso, vanilla, chocolate and walnuts and mix until combined (no need to fold; mixture will lose some volume).

Drop batter by rounded tablespoon onto prepared cookie sheets, dividing evenly. Bake 1 cookie sheet at a time on oven's middle rack for 10 to 12 minutes per sheet, until cookies are no longer shiny.

Nutritional Information (per cookie)

Calories...56

Protein...2g

Carbohydrate...8g

Fat...2.5g