



Pumpkin Swirl Brownies

INGREDIENTS (Yield: 16 servings)

- Cooking spray
- 3 ounces (6 tablespoons) reduced-fat cream cheese
- ¼ cup canned 100% pure pumpkin
- ¼ cup sugar
- 1 teaspoon vanilla extract
- ½ teaspoon pumpkin pie spice
- 1 box (10.0-ounce) chocolate brownie mix
- 2 tablespoons canola oil
- 1/3 cup plain fat-free Greek yogurt
- 1 egg
- ¼ cup water

NUTRITION INFORMATION: 173 Calories; 5 grams Fat; 1-gram Saturated Fat; 16 mg Cholesterol; 135 mg Sodium; 6 grams Carbohydrates; 1 grams Fiber; 3 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit and coat a 9-by-9-inch pan with cooking spray.
2. In a bowl, blend together cream cheese and pumpkin until smooth. Add sugar, vanilla and pumpkin pie spice; mix to combine.
3. In a separate bowl, stir together brownie mix, oil, yogurt, egg, and water until just combined. Pour brownie batter into prepared pan.
4. Spoon pumpkin mixture by the tablespoonful evenly over batter and cut through brownie batter several times with a knife, creating a marble design.
5. Bake 40 to 45 minutes, or until a wooden pick inserted in the center comes out with a few moist crumbs. Allow brownies to cool completely on a wire rack.