

Kids in the Kitchen



ZUCCHINI-ALMOND BROWNIES WITH CREAM TOPPING

Recipe from Nick Kelly, RD, author of No Need for Seconds: High Calorie Cookbook

INGREDIENTS

Brownie Ingredients

- 2½ cups Zucchini – grated and undrained (567g)
- 1 Large Egg (63g)
- 1½ cups Granulated Sugar (300g)
- 2 cups All-purpose Flour (250g)
- ½ cup Unsweetened Cocoa Powder (43g)
- 2 teaspoons Baking Soda (4.6g)
- 2 teaspoons Vanilla Extract (8.4g)
- ½ cup Sliced Almonds (46g)
- ½ cup Vegetable Oil (109g)

Frosting Ingredients

- 1 cup Heavy Whipping Cream (120g)
- 7 tablespoons Kraft Marshmallow Cream (3.5 oz., 99.2g)
- 8 tablespoons Cream Cheese (4 oz., 113.4g)
- 1 teaspoon Cinnamon (2.6g)

DIRECTIONS

Brownie Instructions

1. Preheat oven to 350°F (175°C).
2. Lightly grease a 13x9-inch baking dish with non-stick cooking spray. Lightly dust the greased pan with flour.
3. In a large bowl, combine oil, sugar, and vanilla and whisk until well blended.
4. In a separate bowl, combine the flour, cocoa powder, and baking soda and whisk briefly to combine.
5. Add the flour mixture to the sugar mixture and stir well with a wooden spoon or rubber spatula. (It will appear quite dry.)
6. Gently fold in the zucchini and almonds. Spread the batter evenly into the prepared baking dish.
7. Bake for 25-30 minutes, or until a toothpick inserted in the center of the brownies comes out clean. Allow the brownies to cool completely before frosting.

Frosting Instructions

1. While the brownies are cooling, combine the marshmallow cream, cream cheese, heavy cream, and cinnamon in a medium bowl and mix until smooth.
2. Pour the frosting over the cooled brownies and spread into an even layer. Serve and enjoy.