

# Flourless Chocolate Brownie Cookies **FIT**



Portion Size: 1 each

Recipe Yield: 26

Powdered Sugar	3 cups
Baking Cocoa	3/4 cup
Salt	3/4 tsp
Bittersweet Chocolate Chips	4 oz
Baking Powder	1/2 tsp
Egg Whites	2 each
Eggs, Whole	1 each
Cooking Spray	as needed

Nutrition Info (per serving): Cal: 90;  
Total Fat: 3g; Sat Fat: 1.5g;  
Sodium: 86mg; Carbs: 16g;  
Protein: 1g; Fiber: 1g

Food by **FLIK**

1. In a bowl, whisk together powdered sugar, cocoa powder, salt, chocolate chips, and baking powder.
2. Add egg whites and whole egg and mix thoroughly until evenly distributed and batter has become a thick paste. Refrigerate dough for at least 1 hour before baking.
3. Spray a parchment lined baking sheet. Using a tablespoon, scoop and drop cookies 2" apart (cookies spread quite a bit while baking).
4. Bake in a 350°F oven for ~8-10 minutes or until cookies crack on top and start to spread. Allow to cool before enjoying.

# Chocolate Olive Oil Cake **FIT**



Portion Size: 1 slice

Yield: 12 servings

All Purpose Flour	4 ounces
Salt	1/8 tsp
Baking Soda	1/2 tsp
Baking Cocoa	1 1/2 ounces
Boiling Water	1/2 cup
Sugar	7 ounces
Eggs, beaten	3 each
Extra Virgin Olive Oil	5 fl oz
Vanilla Extract	4 tsp
Cooking Spray	as needed
Powdered Sugar	1 TBSP

Nutrition Info (per serving): Cal: 230,  
Total Fat: 13g, Sat Fat: 2g,  
Sodium: 90mg, Carbs: 27g, Protein: 3g,  
Sugar: 17g, Fiber: 2g

Food by **FLIK**

1. In a bowl, stir together flour, salt, and baking soda.
2. In a separate bowl, whisk together cocoa powder and boiling water until cocoa is dissolved.
3. Whisk together sugar, eggs, oil, and vanilla in another bowl until mixture is pale in color and creamy, about 3 minutes. Stir flour mixture and chocolate mixture into creamed eggs and sugar. Mix until just combined.
4. Line a 9" cake pan with parchment paper or spray with non-stick spray. Pour cake batter into prepared pan and bake in a 325°F oven for about 35 minutes or until cooked through.
5. Allow cake to cool then unmold cake from pan and dust with powdered sugar. Cut cake into 12 equal slices.