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FUN, EASY AND
NUTRITIOUS
RECIPES FROM
THE KITCHEN OF

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Registered Dietitian/Nutritionist
Certified Diabetes Care and Education Specialist
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TAHINI CHOCOLATE CHIP BROWNIES

INGREDIENTS:

- 1 ½ cups firmly packed brown sugar
- 1 ¼ cups tahini
- 1 stick butter (½ cup) melted
- 1 teaspoon vanilla
- 4 eggs, lightly beaten
- 1 ¼ cups flour
- 1 teaspoon baking powder
- 1 cup chocolate chips (optional)

Heat oven to 350 F. Spray 9x 13 inch baking pan with nonstick spray. Combine brown sugar, tahini, vanilla, butter and eggs and mix until smooth. Combine flour and baking powder and stir into tahini mixture. Stir in chocolate chips if desired.

Bake 30 minutes or until brownies begin to pull away from sides. Cool completely before cutting.

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P U M P K I N B A R S

INGREDIENTS:

2 cups flour

2 teaspoons baking powder

1 teaspoon baking soda

1 teaspoon pumpkin pie spice

½ cup sugar (or ½ cup Splenda Baking Blend)

1 cup brown sugar (or 1 cup Splenda Baking Blend Brown Sugar)

1/2 cup oil

4 eggs

2 cups pumpkin (pure pumpkin – not pumpkin pie mix)

Preheat oven to 350. Mix dry ingredients together well. Beat eggs slightly and then mix in with the rest of the ingredients. Pour in a 9 x 13-inch baking dish coated with nonstick spray. Bake for 40-to-45 minutes. Cool, and then cut into squares.

Hints:

To dress this up, after this is cooled and before cutting, make up a cream cheese icing. Spread on the bars when cooled. Garnish with chopped pecans, walnuts or sliced almonds.

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