

Chocolate Marshmallow Brownies

Makes 12 brownies

Per Brownie

95 Cals

0.1g Fat

Ingredients :

75g self raising flour
4 tablespoons low-fat cocoa powder
half teaspoon baking powder
half teaspoon salt
4 egg whites, whipped
75g caster sugar
1 tablespoon vanilla essence
100g marshmallows

Cooking instructions:

1. Preheat the oven to 190c, gas mark 5. Grease a non stick 30x40cms baking tin
2. Sift the flour, cocoa powder and baking powder into bowl add salt and mix together
3. beat the egg whites until stiff and then beat in the sugar. Add the vanilla essence and then mix in the marshmallows.
4. Pour the mixture into the prepared baking tin and bake for 15-17 mins. Allow to cool and then slice into 12 individual slices.