

(H)O(C)O(L)A(T)E BROWNIES

The bright orange color of pumpkin tells us that this vegetable is high in antioxidants. It is loaded with beta-carotene which helps keep our eyes and skin healthy! 1 can of pumpkin has 15 grams of fiber! Fiber helps us digest our food and keep us regular!

ALL YOU NEED:

- 1 box devil's food cake mix
- 1 can pumpkin



ALL YOU DO:

1. Preheat oven to 350 degrees F.
2. Wash your hands.
3. Mix cake mix and pumpkin together. (don't be afraid to get your hands in there to mix.)
4. Spread batter into muffin tins or a 9 x 13 in pan.
5. Bake for 20-30 minutes or until a toothpick comes out clean.

NUTRITION FACTS PER SERVING: SERVING SIZE: 12

Calories: 173 kcal Protein: 2.4 g Carbohydrate: 33 g Fat: 3.6 g Fiber: 2.1 g