

# Pumpkin Brownies

**Recipe Type:** Dessert

**Serves:** 16

**Prep Time:** 5 minutes

**Cooking Time:** 15-20 minutes

**C** means cup      **T** means tablespoon      **t** means teaspoon      **oz** means ounce

## What you need:

1–15.5 oz can pumpkin puree

1–19.5 oz box chocolate brownie mix

Cooking spray

## What to do:

1. Preheat the oven to 350°F.
2. Wash your hands.
3. Mix the pumpkin puree with the brownie mix.
4. Spray a 9x9 inch baking pan with the cooking spray.
5. Pour the mix into the pan. Bake for 15–20 minutes.
6. Remove the brownies from the oven to cool.
7. Cut into 16 pieces and enjoy!

Note: Poke the brownies with a toothpick. If the toothpick comes out clean, the brownies are done.



This is a picture of 1 serving.

**Contains: Wheat**

## Nutrition Facts

16 servings per container

**Serving size** 1 Brownie (62g)

Amount per serving

**Calories** 130

% Daily Value\*

**Total Fat** 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 105mg 5%

**Total Carbohydrate** 32g 12%

Dietary Fiber 1g 4%

Total Sugars 22g

Includes 21g Added Sugars 42%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 3mg 15%

Potassium 173mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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