



Trim Healthy *mama*

BROWNIE MIX

RECIPE COLLECTION





Trim Healthy Brownie Mix (S)

Brownies are an All-American love language. What says “I’ll fill your belly with yummy love” like an ooey-goey rich-chocolatey brownie? The only thing not to love is that most brownies come with an after-slump of skyrocketing blood sugar and an offended waistline. The [Trim Healthy Brownie Mix](#) combines body-honoring love along with all the goodness you’d expect to be whipped up in a batch of brownies!

Makes: Multiple-servings (Approximately 12 Brownies)

INGREDIENTS:

- 1 packet [TH Brownie Mix](#) (2 ½ cups)
- 1 egg (or 2 if you prefer cake-like brownies)
- ½ – ¾ cup warm water (¾ cup water makes for a gooier brownie)
- ½ cup salted butter, melted. (For dairy-free, use melted coconut oil plus add a generous pinch of [TH Mineral Salt](#))
- ½ – 1 tsp [TH Natural Burst Vanilla Extract](#) or your favorite extract
- Desired amount of plan-approved chocolate chips or nuts, or both! (optional)



INSTRUCTIONS:

1. Preheat oven to 400°F and spray an 8” or 9” square pan with coconut or olive oil spray. Use parchment paper if preferred.
2. In a large bowl, whisk together the egg(s), water, melted butter or coconut oil, and extract. Add the brownie mix and stir until well combined. Add chocolate chips and/or nuts, if desired. Pour into the prepared baking pan and smooth the top of the batter.
3. Bake for 20-25 minutes until only slightly wiggly in the center. Cool, cut, and enjoy!

OPTIONAL PANS:

- Brownie pan – bake for about 18 minutes.
- Donut hole pan – bake for about 12 minutes.

Raspberry Cheesecake Brownies (S)

This dessert is the best of two worlds! You get a creamy raspberry cheesecake layered over a decadently rich brownie! If you like your desserts rich and sweet... this one is for you!

Makes: Multiple-servings

INGREDIENTS – BROWNIE LAYER:

- 1 packet [TH Brownie Mix](#) (2 ½ cups)
- 2 eggs
- ½ cup warm water
- ½ cup butter (1 stick), melted
- 1 tsp [TH Natural Burst Vanilla Extract](#)

INGREDIENTS – CHEESECAKE LAYER:

- 8 ounces ⅓ reduced fat cream cheese
- ¼ cup [TH Gentle Sweet](#)
- 1 egg
- 1 tsp [TH Natural Burst Vanilla Extract](#)

INGREDIENTS – RASPBERRY SWIRL:

- 1 cup frozen raspberries
- 3 Tbsp [TH Gentle Sweet](#)
- 1 tsp water
- ½ tsp [TH Natural Burst Vanilla Extract](#)

INSTRUCTIONS:

1. Prepare the raspberry swirl. In a small pan, bring the frozen raspberries, Gentle Sweet, water, and vanilla to a simmer over medium heat. Stir often while heating and cook for about 10 minutes or until cooked down and thickened a bit. Set aside.
2. Preheat oven to 350°F and grease a 9x9" pan.
3. In a large bowl, whisk together the Brownie Layer ingredients until well combined. Pour batter into prepared baking pan and smooth the top.
4. In a small bowl, mix together the cheesecake ingredients until smooth. Pour over the brownie batter and spread to the edges. Use a spoon to dot the reduced raspberries over the cheesecake layer and swirl it with a knife.
5. Bake for 35 - 40 minutes until set and lightly golden on top. Cool completely, cut and enjoy!



Brownie Whoopie Pies (S)

Whoopie pies are an American favorite that are perfect for birthday parties, special occasions, or just a random sweet treat! This is such an easy recipe and such a fun one to make with kids of any age!

Makes: Multiple-servings; 12 Pies or 24 Brownie Cookies (without the filling)

INGREDIENTS – BROWNIE COOKIES:

- 1 packet [TH Brownie Mix](#) (2 ½ cups)
- 2 eggs
- ½ cup warm water
- ½ cup butter (1 stick), melted
- 1 tsp [TH Natural Burst Vanilla Extract](#)

INGREDIENTS – FILLING:

- 6 Tbsp butter, softened but not melted
- 4-ounces cream cheese, softened
- ½ cup [TH Gentle Sweet](#)
- 1 tsp [TH Natural Burst Vanilla Extract](#)

INSTRUCTIONS:

1. Preheat oven to 350°F. Line a baking sheet with a silicone mat or parchment paper.
2. In a large bowl, whisk together the eggs, water, melted butter, and vanilla. Add the brownie mix and stir until well combined.
3. Using a medium scoop (approximately 2 tablespoons) drop batter on baking sheet and bake for 12 minutes. Allow to cool before filling.
4. Beat the butter, cream cheese, and vanilla together until well blended. Add the Gentle Sweet and blend.
5. When the cookies are cooled, spread filling on half of them and top with the remaining half to create your Brownie Whoopie Pies!



Texas Sheetcake Brownie (S)

Take a walk down memory lane with an easy-peasy Texas Sheetcake Brownie! Just as tasty as your Texan Memaw might have made it back in the day... without the sugar crash!

Makes: Multiple-servings

INGREDIENTS – SHEETCAKE BROWNIE:

- 1 packet [TH Brownie Mix](#) (2 ½ cups)
- 2 eggs
- ¾ cup warm water
- ½ cup butter (1 stick), melted
- 1 tsp [TH Natural Burst Vanilla Extract](#)

INGREDIENTS – FROSTING:

- ½ stick butter (4 Tbsp)
- ¼ cup unsweetened cocoa powder
- ⅛ cup water
- ⅛ cup heavy cream
- 1 tsp [TH Natural Burst Vanilla Extract](#)
- ¾ cup [TH Gentle Sweet](#)
- ⅓ cup chopped nuts
- ¼ scant tsp xanthan gum

INSTRUCTIONS – SHEETCAKE BROWNIE:

1. Preheat oven to 400°F and grease a 9" square pan with coconut or olive oil spray or butter. Use parchment paper if preferred.
2. In a large bowl, whisk together the eggs, water, melted butter or coconut oil, and vanilla extract. Add the brownie mix and stir until well combined. Pour batter into the prepared baking pan and smooth the top.
3. Bake for 20-25 minutes until only slightly wiggly in the center.

INSTRUCTIONS – FROSTING:

1. After removing the brownies from the oven, let them rest on the counter for about 5 minutes while you make the frosting.
2. Combine butter, water, cream, vanilla, and cocoa in a small saucepan and heat on low until fully combined.
3. Gradually add in the Gentle Sweet, ¼ cup at a time, whisking well to combine.
4. Sprinkle in the xanthan gum, whisking well until combined and the frosting is warm but not hot.
5. Pour frosting onto the warm brownies in an even layer, then top with the chopped nuts.
6. Let cool completely before cutting.

