

Sour Cream Walnut Brownies



Servings: 16

NOTE: If you're watching sugar intake, you may easily swap monkfruit sweetener for the sugar, or use half and half.

1. Preheat oven to 325°F. Line a 8-inch square pan with foil so that at least 2 inches hang over two opposite sides. Spray the foil with EVOO, or grease with butter.
2. Melt the chocolate and butter in a double boiler or use a microwave (but watch it carefully so it doesn't boil). Stir occasionally until melted and smooth. Transfer to a medium bowl.
3. Using a wooden spoon, beat in cocoa powder and sugar until well blended. Beat in eggs, one at a time. Beat in sour cream and vanilla extract. Add flour and salt. Mix just until blended. Stir in walnuts.
4. Pour batter into prepared pan. Bake 40-45 minutes or until done. A toothpick inserted in the center should come out with a few moist crumbs attached. Cool for about 30 minutes in the pan on wire rack then use foil sling to remove them to the rack to cool completely. Will keep a few days at room temp, or freeze for longer storage. If freezing, use parchment paper to separate the layers so the brownies don't stick, as they are very moist.

- 3 ounces bittersweet chocolate, coarsely chopped
- 14 tablespoons unsalted butter
- 1/2 cup Dutch-process cocoa powder
- 1 1/4 cups sugar
- 3 large eggs
- 1/3 cup sour cream
- 2 teaspoons vanilla extract
- 1/2 cup all-purpose flour
- 1/8 teaspoon salt
- 1 cup walnuts, coarsely chopped

Per Serving (excluding unknown items): 272 Calories; 20g Fat (62.1% calories from fat); 5g Protein; 22g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 37mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat; 1 Other Carbohydrates.

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