

**Rocco's Low-Cal Brownies - continued (page 2)**

Add the chocolate syrup, sour cream, butter, Truvia, and vanilla. Process until all of the ingredients are combined, about 1 minute.

Pour the batter into the prepared baking dish, and smooth the top with a spatula. Bake for 28 to 30 minutes, turning the dish halfway through the baking time. A toothpick inserted in the center will come out with soft batter clinging to it.

Let the brownies cool completely in the baking dish on a wire rack. Then cut into 12 squares and serve. Refrigerate any leftovers.

**NOW YOU CAN EAT THIS!**

Before After

Fat 70g 1.6g

Calories 1500 53

Protein: 4g | Carbohydrates: 8g | Cholesterol: 4mg

Fiber: 3g | Sodium: 94mg

Food styled by Karen Pickus.

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