

# Low-Point Brownie Popsicles

## Ingredients:

- 1 box of Betty Crocker Low-Fat Fudge Brownie Mix
- 1/2 cup water
- 1 egg
- 2 oz. no-sugar applesauce
- 1 cup Nestle Premier White Morsels
- Candy sprinkles
- 15 popsicle sticks
- Pam Baking spray

Preheat oven to 350 degrees. In a large bowl, combine brownie mix, water, egg, and applesauce. Pour batter into an 11-inch by 7-inch baking dish sprayed with Pam baking spray. Bake for 35 minutes (or until a toothpick comes out clean when inserted into the middle). Let cool. Insert popsicle sticks into the brownies. In a small microwavable bowl, melt white morsels for 1 minute. Stir. Continue microwaving for 10-seconds at a time until morsels completely melt. Dip brownie into the icing (or if brownie starts to come off the stick, use a knife to help spread the icing onto the brownie). Sprinkle with candy sprinkles and enjoy! **Note:** The brownie stays on the popsicle stick a lot better if refrigerated and cooled completely.

Total servings - 15

Serving size - 1

Points per serving - 5.3

Points plus per serving - 6.7

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Let us always meet each other with a smile; for the smile is the beginning of love." - Mother Teresa***