



Mississippi Mud Pie Brownies



1/16th of recipe (1 brownie): 194 calories, 5.5g total fat (1.5g sat. fat), 261mg sodium, 35g carbs, 2.5g fiber, 20.5g sugars, 2.5g protein

Prep: 10 minutes **Cook:** 30 minutes

Cool: 1 1/2 hours

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Ingredients

2 oz. (about 1/2 cup) chopped pecans
1 box moist-style devil's food cake mix (15.25 - 18.25 oz.)
One 15-oz. can pure pumpkin
3 cups mini marshmallows
1/4 cup mini semi-sweet chocolate chips
2 tbsp. unsweetened vanilla almond milk, light vanilla soymilk, or fat-free dairy milk

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

Lay pecans on the sheet, and bake until lightly browned and toasted, about 6 minutes.

Remove sheet from the oven, and increase temperature to 400 degrees. Spray a 9" X 13" baking pan with nonstick spray.

In a large bowl, mix cake mix with pumpkin until smooth and uniform. (Batter will be thick!) Spread batter into the baking pan, and smooth out the top.

Once oven reaches 400 degrees, bake until a toothpick inserted into the center comes out clean, 18 - 20 minutes.

Evenly top brownies with marshmallows and pecans.

In a small bowl, combine chocolate chips with milk. Microwave at 50 percent power for 30 seconds; stir and repeat until chips have melted.

Stir until smooth and uniform. Drizzle over brownies.

Let cool completely, about 1 1/2 hours.

MAKES 16 SERVINGS

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