

Pea Brownies

Ingredient List	Amount (Baker's %)
All purpose wheat flour	100.0
Precooked yellow pea flour	55.0
Butter	70.4
Sugar	131.0
Eggs	124.2
Vanilla	2.9
Baking powder	1.5
Chocolate syrup	248.0
Frosting Ingredient List	Amount (Baker's %)
Butter	54.8
Sugar	155.3
Whole milk	49.7
Chocolate chips	49.7

Processing:

- Cream together butter and sugar
- Beat the eggs in 100g at a time
- Add the dry ingredients; mix and stir in syrup
- Pour into jelly-roll pan and bake 35 minutes at 350°F
- Frost

Serving size 1 brownie (47 g)

Nutrition Facts	
Serving Size (47g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 25mg	1%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 22g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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