



Brownie Bowl Sundaes

Prep: 20 minutes plus cooling

Bake: about 20 minutes

- 1 box (18 to 19 ounces) favorite brownie mix
- 1 tablespoon ground cinnamon
- 1/8 teaspoon ground red pepper
- Nonstick baking spray
- 12 (1/2-cup) scoops chocolate chip cookie dough or favorite ice cream
- Toppings: warm caramel or chocolate sauce, whipped cream, chopped peanuts, rainbow sprinkles, maraschino cherries (optional)

1. Prepare brownie mix as label directs stirring in cinnamon and red pepper.

2. Spray 12 standard muffin tin cups with baking spray; fill cups 2/3 full. Spray bottom of second muffin tin with cooking spray; gently place on top of tin with brownie mix.

3. Bake as label directs. Cool completely on wire rack; remove top muffin tin and carefully remove brownie bowls from muffin tin. Makes 12 brownie bowls.

4. To serve, add 1 scoop ice cream to a brownie bowl; add toppings, if desired.

Approximate nutritional values per serving:

544 Calories, 29g Fat (7g Saturated), 74mg Cholesterol, 230mg Sodium, 66g Carbohydrates, 2g Fiber, 6g Protein