



## **Fudge Brownies for My Family**

(A fourth grade family baking activity)

**Baking Project:**     **Make fudge brownies and experience personal expression and creativity through baking**

### **Materials/Equipment Needed:**

- Copy of recipe: One-Bowl Fudge Brownies
- Ingredients for One-Bowl Fudge Brownies
- 9-inch square baking pan
- Microwave safe large mixing bowl
- Stirring spoon
- Dry measuring cups

### **Activities:**

- Read the recipe together.
- Wash hands and gather all ingredients and equipment.
- Make the One-Bowl Fudge Brownies
- Let child experience creativity by choosing the optional ingredient for the brownies.

### **Baking Activity:**

- Make One-Bowl Fudge Brownies

# One-Bowl Fudge Brownies

Makes 16 bars

## Ingredients:

- ½ cup butter or margarine (do not use low fat spread)
- 2 (1 oz.) squares unsweetened baking chocolate
- 1 cup granulated sugar
- ¾ cup all purpose flour (may be half whole wheat flour)
- 2 large eggs
- ½ cup optional ingredient:  
Chocolate chips, candy morsels, coconut, chopped nuts

## Directions:

1. Preheat the oven to 350 degrees F. Grease a 9-inch square baking pan.
2. Place the butter and unsweetened chocolate in a large microwave-safe bowl or large saucepan. Melt the butter and chocolate and mix until smooth. (Microwave: heat on HIGH, 1 ½ to 2 minutes OR Stovetop: heat over medium-low heat, stirring constantly.)
3. Stir sugar, flour and eggs and into the saucepan until well-mixed.
4. Add optional ingredient and mix well.
5. Spread in the greased 9-inch square pan.
6. Bake 20 to 25 minutes or until brownie begins to pull away from the sides of the pan. (Do not over bake.)
7. Cool completely on a wire rack. Sprinkle with powdered sugar or frost.

## Crazy Frosting

### Ingredients:

- 1 cup powdered sugar, unsifted
- 1/3 cup peanut butter
- 1 ½ teaspoons vanilla
- 2 to 3 tablespoons milk
- Topping Options: chopped nuts, candy pieces or chips

1. Combine sugar, peanut butter and vanilla with a spoon or mixer until smooth.
2. Beat at medium speed, adding milk slowly, until creamy; spread over brownies.
3. Sprinkle 1 cup of topping options over frosting and press lightly.

**Nutrition Facts:** One of 16 unfrosted brownies provides (does not include optional ingredient): Calories, 170; Total fat, 11g; Total Carbohydrates, 19g; Dietary fiber, 1g; Sugars, 13g; Sodium, 9mg; Cholesterol, 42mg; Protein, 2g; Potassium 64 mg

Frosting adds to each brownie: Calories, 107; Total fat, 5g; Cholesterol, 0 mg; Total carbohydrates 15g; Fiber 1g; sugars 12g; Sodium 40mg; Potassium, 102 mg

Source: Home Baking Association [www.homebaking.org](http://www.homebaking.org)

### **Bake for Family Fun Exploration:**

1. Visit a grocery store and check prices of bakery brownies and brownie mix.
2. How much does it cost to make your own brownies from scratch?
3. Baking brownies from scratch offers opportunities to select ingredients. How many variations can you make?
4. Learn more about chocolate.

### **Vocabulary:**

**Melt:** to change or be changed from a solid to a liquid by heat

### **Books for Reading Together:**

***Chocolate from Start to Finish.*** Samuel G. Woods.  
1999.

***365 Science Projects and Activities.*** Phyllis Perry,  
EdD., Peter Rillero, Ph.D. and  
Joseph Peters, Ph.D. 1997.

***The International Chocolate Cookbook.***  
Nancy Baggett. 1993. [www.kitchenlane.com](http://www.kitchenlane.com)

### **Chocolate Factoid:**

The cacao bean and chocolate have their roots in ancient Central America and Mexico. It was a favorite of the Aztec and Inca Indians.

Spanish explorers discovered it from the Aztecs and introduced it in Spain around 1500.

Chocolate was first made in the United States in 1765. Home bakers used to chip their own chocolate before chocolate chips were made!

**Source:** *Baking for Success. p. 3.* Lesson guide and video. Home Baking Association, 1998. [www.homebaking.org](http://www.homebaking.org)



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