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CAPPUCINO BLONDIES FROM LHJ ONLINE <http://www.lhj.com>

Take your next coffee break with these buttery brown-sugar fingers, studded with chocolate chips, macadamia nuts and a shot of espresso for great mocha taste.

Prep time: 20 minutes plus standing and chilling

Baking time: 35 to 40 minutes

Degree of difficulty: easy

Microwave used

1 1/4 cups all-purpose flour  
 4 teaspoons instant espresso powder  
 1 teaspoon baking powder  
 1/4 teaspoon salt  
 1/4 teaspoon cinnamon  
 1/2 cup butter or margarine, softened  
 3/4 cup firmly packed brown sugar  
 1/2 cup granulated sugar  
 2 large eggs  
 1 teaspoon vanilla extract  
 1/2 cup chopped macadamia nuts  
 1/3 cup semisweet chocolate chips

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**CHOCOLATE GLAZE**

1/3 cup heavy or whipping cream  
 3 ounces semisweet chocolate squares, chopped  
 2 tablespoons granulated sugar

1. Heat oven to 350 degrees. Line a 9-inch square baking pan with foil; lightly grease foil.
2. Combine flour, espresso powder, baking powder, salt and cinnamon in medium bowl. Set aside.
3. Beat butter and sugars in large mixer bowl on medium speed until creamy. Beat in eggs and vanilla. Gradually beat in dry ingredients until blended.

Stir in nuts and chips. Spread batter into prepared pan. Bake 35 to 40 minutes until toothpick inserted in center comes out clean.

4. Cool in pan on wire rack. Invert pan onto rack; peel off foil. Invert brownie again onto cutting board.

5. Make Chocolate Glaze: Meanwhile, combine cream, chocolate and sugar in small microwaveproof bowl. Microwave on Medium 1 minute; stir. Microwave 30 seconds more, stirring until smooth. Refrigerate, stirring occasionally, 20 minutes until slightly thickened.

6. Spread Chocolate Glaze over top of brownies. Let stand 30 minutes for glaze to set. Cut into 2x2 1/2-inch bars. (Can be made ahead. Cover and freeze up to 1 month). Makes 12 brownies.

PER BROWNIE

- Calories 340
- Total Fat 19 g
- Saturated Fat 9 g
- Cholesterol 65 mg
- Sodium 184 mg
- Carbohydrates 43 g
- Protein 4 g

DAILY GOAL

- Calories 2,000 (F), 2,500 (M)
- Total Fat 60 g or less (F), 70 g or less (M)
- Saturated Fat 20 g or less (F), 23 g or less (M)
- Cholesterol 300 mg or less
- Sodium 2,400 mg or less
- Carbohydrates 250 g or more
- Protein 55 g to 90 g

FROM LHJ ONLINE <http://www.lhj.com>

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