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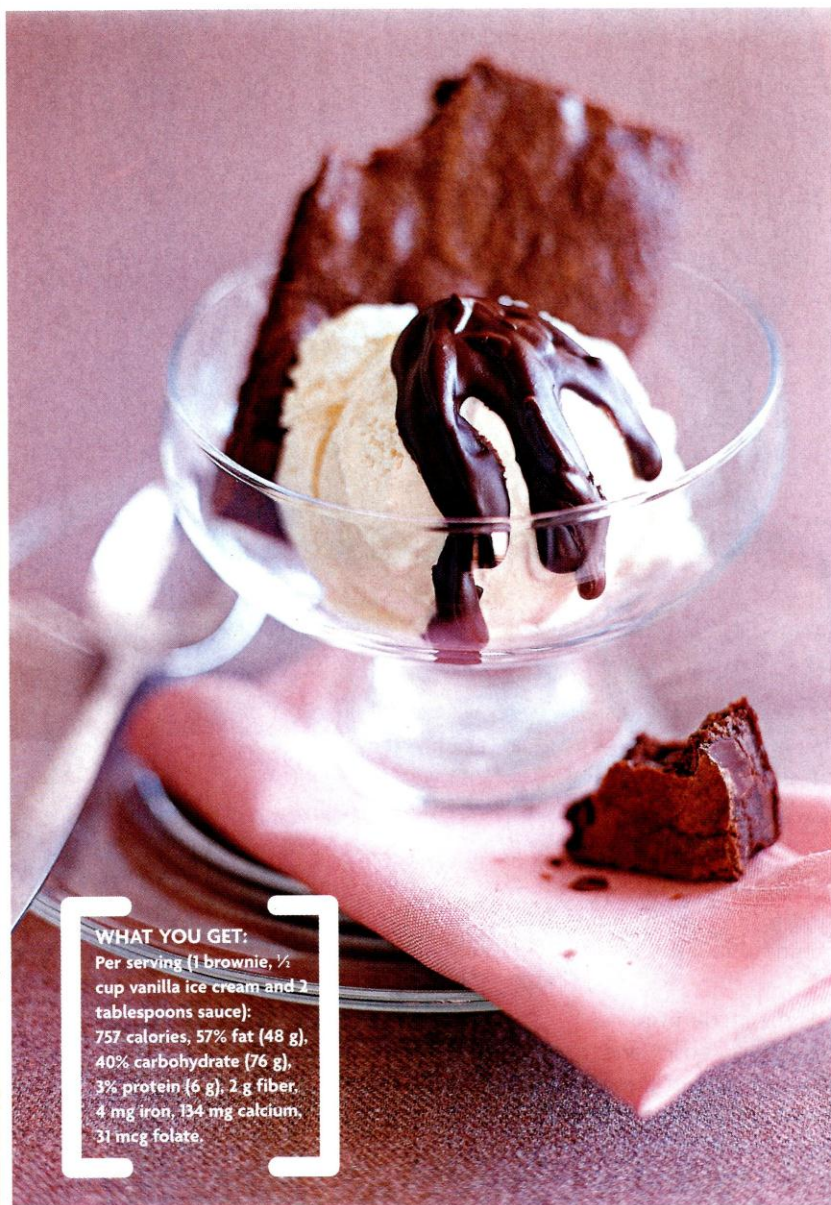
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**OUR PICKS
OF THE BEST
BABY PRODUCTS
(p.72)**

indulge

sweet treat

Being pregnant doesn't mean you have to deprive yourself. This rich dessert is loaded with calcium, folate and soothing mint. Enjoy! > BY DEVIN ALEXANDER



WHAT YOU GET:

Per serving (1 brownie, 1/2 cup vanilla ice cream and 2 tablespoons sauce): 757 calories, 57% fat (48 g), 40% carbohydrate (76 g), 3% protein (6 g), 2 g fiber, 4 mg iron, 134 mg calcium, 31 mcg folate.

*thedish

Mint Brownie Sundae

SERVES 6

PREP TIME: 20 minutes

COOK TIME: 20 minutes

- 1 teaspoon instant espresso powder
- 1/2 cup (1 stick) unsalted butter, melted
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1/2 cup unbleached, all-purpose flour
- 1/2 cup cocoa powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 39 chocolate-mint candies (such as Andes Crème De Menthe Thins)
- 6 tablespoons heavy whipping cream
- 3 cups vanilla ice cream

Preheat oven to 350° F. Grease and flour an 8-inch-square cake pan.

In a large bowl, stir espresso powder into butter until dissolved. Add sugar and vanilla and mix with electric mixer. Add eggs and mix, then add flour, cocoa, baking powder and salt; mix until combined.

Break up 18 of the candies and add to mixture; mix until candies are evenly distributed. Transfer mixture to pan and bake 20 minutes. Let brownies cool 5 minutes, then cut into 6 squares.

Break up remaining candies and microwave on high for 1 minute, then stir. Continue to cook in 15-second increments until melted. Stir in whipping cream.

Transfer brownies to individual plates. Top each with 1/2 cup ice cream and 2 tablespoons sauce. 

Devin Alexander is a food writer in Los Angeles.

PHOTOGRAPHY: VICTORIA PEARSON. Food styling: Chrystee Fields. Prop styling: Amy Pallwoda.