

Brownie Baked Alaska

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 9

*nonstick spray for baking
1 package (18.4 ounce) original
supreme brownie mix
2 pints premium pistachio ice cream,
slightly softened
1/3 cup dried egg whites
1/3 cup warm water
1/3 cup sugar*

Preparation Time: 30 minutes

Freeze Time:

Preheat the oven according to the brownie package directions.

Line an 8x8x2-inch baking pan with foil, extending the foil two inches over the edges of the pan. Coat the foil generously with baking spray.

Prepare the brownie batter according to package directions. Spread the batter into the prepared pan and bake as directed. Cool in the pan on a wire rack. Using the edges of the foil, lift the uncut brownies out of the pan. Trim off the uneven edges. Cut the brownies into nine squares. Evenly space the brownie squares on a baking sheet.

Place a 1/3-cup scoop of ice cream on top of each brownie square. Immediately place the baking sheet in the freezer. Freeze for 30 minutes. Tightly wrap the baking sheet with plastic wrap and return to the freezer. Freeze for at least 30 minutes or up to two weeks.

Preheat the broiler. For the meringue, in a large bowl combine the dried egg whites and the warm water. Beat with an electric mixer on medium to high until soft peaks form (tips curl). Gradually add the sugar, beating until soft peaks form (tips stand straight).

Remove the ice cream topped brownies from the freezer. Discard the plastic wrap. Working quickly, spread or pipe the meringue evenly over each ice cream, swirling decoratively. Broil four to five inches from the heat for about 1 minute or until browned. Serve immediately.

*Look for dried egg whites in the
baking section of your supermarket.*

Per Serving (excluding unknown items): 28 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 7g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	28	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	100.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	7g		
Dietary Fiber (g):	0g	Food Exchanges	
Protein (g):	0g	Grain (Starch):	0
Sodium (mg):	trace	Lean Meat:	0
Potassium (mg):	trace	Vegetable:	0
Calcium (mg):	trace	Fruit:	0
Iron (mg):	trace	Non-Fat Milk:	0
Zinc (mg):	trace	Fat:	0
Vitamin C (mg):	0mg	Other Carbohydrates:	1/2
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 28 **Calories from Fat:** 0

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium trace	0%
Total Carbohydrates 7g	2%
Dietary Fiber 0g	0%
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.