

How the Labor Brownies Got Their Name

My girlfriend Chris was eight weeks overdue with her first baby. Well actually only two weeks overdue if you don't count the Doctor's miscalculation when he gave her the first due date and then changed it to six weeks later.

Up until the ninth or tenth month she had been doing pretty well with her weight gain. But when the "overdueness" began, so did the overeating. She had decided to go on a diet the day she came over to my house. Escaping to my home she knew she could avoid the multitude of phone calls she was receiving from well-meaning friends and relatives who were calling to ask whether or not she had dropped yet.

That day I had made some freshly baked brownies. Sticking to her new diet, she avoided the tasty treats all day. Early in the afternoon, she could no longer resist the brownies and washed them down with a healthy glass of milk.

Almost immediately after eating the brownies, that she said were gut bombs, her water broke and she went into labor. Indeed they were gut bombs. A baby girl, my goddaughter was born the next morning.

For years after this transpired, whenever friends were overdue with their babies, my labor brownies were requested and eaten, but they never really did the trick again.

Recipe for Labor Brownies

Prep Time 10 Minutes (Ready in 40 minutes) Makes 8 brownies

Betty Crocker Supreme Brownie Mix 26.7 ounces size

1 c. mini marshmallows

1 c. chocolate chips

1 c. chopped walnuts

Follow directions on the box but add 1 cup chopped walnuts, 1 cup chocolate chips and 1 cup mini marshmallows to the mix.

Bake in 13 X 9 pan at 350 degrees for 30 minutes

Allow to cool

When cooled spread chocolate frosting from pouch in the mix on top.

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