Black Bean Brownies

These tasty treats are a healthier way to enjoy dessert! With lots of fiber, protein and antioxidants these brownies will satisfy your sweet tooth while helping you stay healthy!

Serves 12



Ingredients

- 1 can black beans, drained and rinsed
- 2 eggs
- 2 teaspoons vanilla
- 3 tablespoons canola oil
- 1-3 tablespoons water
- ¾ cup cocoa powder
- ½ cup sugar
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ½ cup chocolate chips
- ½ cup walnuts (optional)

Nutrition Facts

Serving Size 1 Brownie Servings Per Recipe 12

Servings Pe	r Recipe	12	
Amount Per Se	rving		
Calories 15	0 Ca	lories fror	n Fat 70
		% Da	aily Value*
Total Fat 7g			11%
Saturated Fat 2.5g			13%
Trans Fat	0g		
Cholesterol 30mg			10%
Sodium 200mg			8%
Total Carbohydrate 21g 7			
Dietary Fi		16%	
Sugars 13g			
Protein 4g			
Vitamin A 2%	/ -	Vitamin (2.00/
vitamin A 29	o •	vitamin t	2%
Calcium 6%	•	Iron 10%)
*Percent Daily Valiet. Your daily value depending on your daily value.	alues may	be higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than	65g 20g 300mg	80g 25g 300mg 2,400mg 375g

Please note: nutritional values are approximate.

Fat 9 • Carbohydrate 4 • Protein 4

Dietary Fiber

Directions

- 1. Preheat oven to 350 degrees, and spray muffin pan with non-stick cooking spray. Be sure to thoroughly coat bottom and sides of each opening.
- In a large bowl, combine rinsed black beans, eggs, vanilla, oil and water. Using an immersion blender, blend until smooth. Add more water as needed.
- 3. In a separate bowl, whisk together cocoa powder, sugar, baking powder and salt.
- 4. Add dry ingredients to wet ingredients and mix until smooth.
- 5. Fold in chocolate chips and walnuts, if using.
- 6. Divide batter equally between the 12 openings.
- 7. Bake for 20-25 minutes, until middle of brownies spring back when tapped.

