



# Black Bean Brownies

Servings 8 | Prep time 15 mins. | Total time 35-40 mins. + cooling

## Equipment:

Can opener  
Large mixing bowl  
Potato masher or fork  
8x8 inch baking dish or pan

## Utensils:

Mixing spoon  
Measuring cups and spoons  
Toothpick to test

## Ingredients

Non-stick spray  
1 15 ounce can no salt added black beans, drained and rinsed  
1/4 cup vegetable oil OR canola oil  
3 large eggs  
2/3 cup packed brown sugar  
1/2 cup cocoa powder  
1 teaspoon (regular or imitation) vanilla extract  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup semi-sweet chocolate chips (optional)

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. Preheat oven to 350 degrees.
3. Spray an 8x8 inch pan or baking dish with non-stick spray.
4. Use a potato masher or fork to completely break up the beans.
5. Add the oil to the beans. Stir to mix completely to be sure that all beans are completely mashed.
6. Add the eggs and mix well.
7. Add brown sugar and cocoa and mix well.
8. Add vanilla extract, baking powder, and salt.
9. Pour into the prepared baking dish. Sprinkle with chocolate chips (if using).
10. Bake at 350 degrees for 20-25 minutes or until toothpick inserted in the center comes out clean.
11. Cool on a wire rack. Cut into 16 pieces.

## Nutritional Information:

Calories 230  
Total Fat 10g  
Sodium 300mg  
Total Carbs 33g  
Protein 7g