



Black Bean Brownies

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

Equipment: Can opener, 2-quart mixing bowl, Potato Masher or fork, Measuring cups and spoons, 8x8 inch baking dish or pan. Utensils: Mixing spoon, Toothpick to test

Ingredients

Cooking spray or oil

1 16 ounce can black beans, rinsed and drained (about 2 cups cooked)

1/4 cup oil, vegetable or canola

3 large eggs

2/3 cup packed brown sugar

1/2 cup baking cocoa

1 teaspoon 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, and utensils.
2. Preheat oven to 350 degrees.
3. Prepare an 8x8 inch pan or baking dish: spray with cooking spray or rub with oil.
4. Use a potato masher or fork to completely break up the beans.
5. Add the oil to the beans. Stir to mix completely, 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 pan. Sprinkle with chocolate chips (optional).
10. Bake at 350 degrees for 20-25 minutes or until toothpick interested 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