



CHOCOLATE CHIP BLACK BEAN BROWNIES

INGREDIENTS:

- NON-STICK COOKING SPRAY
- 1 (15 OUNCE) CAN BLACK BEANS
- 3 LARGE EGGS
- 3 TBSP CANOLA OIL
- 1 TSP VANILLA EXTRACT
- 1/2 CUP PACKED BROWN SUGAR
- 1/3 CUP COCOA POWDER
- 1/2 CUP DARK CHOCOLATE CHIPS

PREP TIME: 10 MINUTES

COOK TIME: 25-30 MINUTES

SERVINGS: 16

NUTRITION FACTS

- CALORIES: 125
- FAT: 2 G
- SATURATED FAT: 2 G
- CHOLESTEROL: 40 MG
- SODIUM: 103 MG
- CARBS: 16 G
- FIBER: 3 G
- SUGAR: 10 G
- PROTEIN: 3 G



SERVING SIZE:
1 BROWNIE

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES F. COAT A 9-INCH SQUARE BAKING DISH WITH NON-STICK COOKING SPRAY.
2. IN A COLANDER, DRAIN AND RINSE BEANS
3. ADD EGGS, OIL, AND VANILLA TO BLENDER AND PULSE TO MIX. ADD BEANS AND BLEND UNTIL PUREED AND SMOOTH (1-2 MINUTES). ADD IN SUGAR AND COCOA. BLEND UNTIL MIXED. STIR IN CHOCOLATE CHIPS.
4. POUR BATTER INTO BAKING DISH. BAKE UNTIL A KNIFE INSERTED IN THE CENTER OF THE BROWNIES COMES OUT CLEAN, 25-30 MINUTES. LET COOL COMPLETELY. CUT INTO 16 SQUARES.



SOURCE: COOKING MATTERS FOR PARENTS

