Black Bean Brownies

Serves 16, 1 brownie per serving

Ingredients

- Non-stick cooking spray
- 1 (15-ounce) can black beans or 1¾ cups cooked, cooled black beans
- 3 large eggs
- 3 Tablespoons canola oil
- 1 teaspoon vanilla extract
- ½ cup packed brown sugar
- ⅓ cup cocoa powder

Optional Ingredients
½ cup chocolate, peanut butter, or butterscotch chips, or chopped nuts

Directions

1. Preheat oven to 350°F. Coat a 9-inch square baking dish with non-stick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, use fork to whisk eggs, oil, and vanilla. Add beans and mash with fork until beans are barely visible (this can take 5 minutes or more of mashing). Stir in sugar and cocoa. Blend with a rubber spatula until mixed. If using, stir in chips or nuts now.
4. Pour batter into the baking dish. Bake until a knife inserted in the center of the brownies comes out clean, 25–30 minutes. Let cool completely.
5. Cut into 16 squares.

Nutrition Facts

Serving Size 1 brownie
Servings Per Recipe 16

Amount Per Serving

Calories 90	Calories from Fat 35

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 15mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 3g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chef's Notes - Make it Quick!

- If you have a blender, you can use it to make these brownies. Add eggs, oil, and vanilla to blender and pulse to mix. Add beans and blend until pureed and smooth, 1–2 minutes. Be sure to scrape down the sides of the blender with a rubber spatula once or twice. Add sugar and cocoa. Blend until mixed, about 1 minute. If using, add chips or nuts and pulse once or twice to mix. Pour batter into baking dish. Bake as directed in step 4.