

Dark Chocolate Chickpea Brownies

These melt in your mouth brownies are made with simple ingredients and are easy to make. Bonus! They are a good source of iron, fiber, and protein too. No one will believe you when you tell them they are made from chickpeas!

Yield: 16 brownies

Serving Size: 1 brownie

Ingredients

1 (14-ounce) can chickpeas (no salt added);
drained and rinsed
2 eggs
½ cup cocoa powder
2/3 cup sugar
3 tablespoons vegetable oil
1 teaspoon instant coffee (optional)
½ cup dark chocolate or semi-sweet chocolate
chips

Directions

1. Preheat oven to 350° F and spray an 8" by 8" pan with oil (or line with parchment paper).
2. Add all ingredients for the brownies to a blender and blend until completely smooth.
3. Pour the brownie batter into the prepared baking pan and bake for 24 to 26 minutes or until brownies test clean with a toothpick.
4. Allow brownies to cool at least 20 minutes before cutting and serving.



Nutrition Facts

Serving Size: 1 brownie (49g)
Servings Per Container: 16

Amount Per Serving

Calories 130 Calories from Fat 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 85mg **4%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 3g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Recipe from the www.roastedroot.net