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

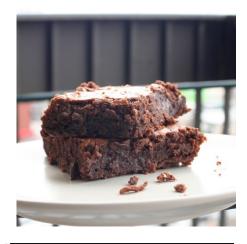
Ingredients

 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

Directions

chips

- 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.
- Pour the brownie batter into the prepared baking pan and bake for 24 to 26 minutes or until brownies test clean with a toothpick.



Nutrition Facts		
Serving Size: 1 brownie (49g) Servings Per Container: 16		
Amount Per Serving		
Calories 130	C	alories from Fat 60
		% Daily Value*
Total Fat 6g		9%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 25mg	I	8%
Sodium 85mg		4 %
Total Carbohydra	ate	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.		

4. Allow brownies to cool at least 20 minutes before cutting and serving.

Recipe from the www.roastedroot.net