

Fudgy Black Bean Brownies

Developed by Meal Makeover Moms for the Bean Institute

Yield: 16 - 2"x2" brownies

INGREDIENTS

- 1 - 15 oz. can black beans, drained and rinsed
- 3 large eggs
- 3 Tablespoons canola oil (or other vegetable oil)
- 3/4 cup granulated sugar
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- pinch of salt
- 1/2 cup semi-sweet chocolate chips, divided

DIRECTIONS

1. Preheat the oven to 350 degrees F. Lightly oil or coat an 8 x 8 inch baking pan or dish with nonstick cooking spray and set aside.
2. Place the drained, rinsed beans in the bowl of a food processor and process until very smooth and creamy, scraping the sides of the processor bowl as needed. Add the eggs, oil, sugar, cocoa powder, vanilla extract, baking powder, and salt. Process until smooth. Alternatively, a hand or stand mixer may also be used, but mashing the beans with a fork first will avoid beans spilling out of the bowl.
3. Add 1/4 cup of the chocolate chips and pulse a few times until the chips are incorporated.
4. Pour the batter into the prepared pan, and sprinkle with the remaining 1/4 cup chocolate chips.
5. Bake 25-30 minutes or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into 2 inch squares.

NUTRITION FACTS (per 2"x2" brownie):

Calories: 135
Total Fat: 6g
Saturated Fat: 2g
Sodium: 121mg
Carbohydrates: 19g
Fiber: 2g