



Black Bean Brownies

Directions:

1. Preheat the oven to 350 degrees. Lightly oil or coat an 8x8 inch baking pan or dish with non-stick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth. Add the egg, egg whites, oil, sugar, cocoa powder, vanilla, baking powder and salt. Process until smooth. Add 1/4 cup of the chocolate chips and pulse a few times until the chips are incorporated.
3. Pour the batter into the prepared pan, smooth the top with a rubber spatula and sprinkle with remaining 1/4 cup chocolate chips.
4. Bake 30-35 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.

Nutrition Facts: 135 cal, 6 g fat, 19 g CHO, 3 g pro, 121 mg Na+, 2 g fiber

Ingredients:

Yield: 16 servings

Time: 45 minutes

- 2 large eggs
- 3/4 cup granulated sugar
- 1 large egg white
- 1 teaspoon vanilla extract
- 3 Tablespoon canola oil
- 1/2 teaspoon baking powder
- 1/2 cup unsweetened cocoa powder
- Pinch of salt
- 1/2 cup mini semi-sweet chocolate chips, divided
- 1 can (15 oz) low sodium black beans, drained & rinsed

Consider substituting sugar with your favorite sugar substitute. Substituting black beans for flour increases the fiber and protein content of these brownies, also making these brownies gluten free!