

Fudgy Black Bean Brownies

1 can (15 ounces) black beans, rinsed and drained
1/2 cup semisweet chocolate chips, divide into two
¼ cup portions (no nibbling!)
3 TBSP olive oil –
 I use Kroger Lighter Flavor Olive Oil
3 eggs
2/3 cup packed brown sugar
1/2 cup baking cocoa
1 tsp. vanilla
1/2 tsp. baking powder
1/8 tsp salt



1. Preheat oven to 350 degrees.
2. Use a food processor* to process the black beans, 1/4 cup chocolate chips, and oil.
3. Add in the eggs, brown sugar, cocoa, vanilla, baking powder and salt. Process until really smooth.
4. Spray an 8 or 9 inch baking pan with cooking spray.
5. Add the brownie mixture and sprinkle with ¼ cup chocolate chips.

Bake at 350° for 20 to 25 minutes or until a toothpick comes out nearly clean.

When cool, cut into 12 squares. Store in the refrigerator. They are even better when cold anyway.

Nutrition information calculated at MyFitnessPal.com

<http://www.minddietideas.com/fudgy-black-bean-brownies>

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories	183
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 53 mg	18 %
Sodium 278 mg	12 %
Potassium 88 mg	3 %
Total Carbohydrate 26 g	9 %
Dietary Fiber 4 g	17 %
Sugars 18 g	
Protein 5 g	10 %
Vitamin A	1 %
Vitamin C	3 %
Calcium	3 %
Iron	7 %