

## Fudgy Black Bean Brownies

Even the fussiest of eaters love this moist and fudgy brownie. Black beans replace the flour, butter, and most of the fat while adding protein and fiber. Store any leftovers in the refrigerator.

Yield: 16 - 2x2-inch brownies

### Ingredients

One 15-ounce can black beans, drained and rinsed

3 large eggs

3 tablespoons canola oil

3/4 cup granulated sugar

1/2 cup unsweetened cocoa powder

1 teaspoon vanilla extract

1/2 teaspoon peppermint extract, optional

1/2 teaspoon baking powder

Pinch salt

1/2 cup mini semi-sweet chocolate chips, divided



### Preparation

1. Preheat the oven to 350°F. Lightly oil or coat an 8 X 8-inch baking pan or dish with nonstick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, oil, sugar, cocoa powder, vanilla, peppermint extract as desired, baking powder, and salt and process until smooth. Add ¼ cup of the 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 the remaining chocolate chips.
4. Bake 30 to 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 into 2-inch squares.

**Nutrient Information per 2x2 inch brownie:** 120 calories, 5g fat (1.5g saturated, 0.3g omega-3), 95mg sodium, 18g carbohydrate, 2g fiber, 3g protein

Recipe by Liz Weiss, MS, RD and Janice Newell Bissex, MS, RD  
- Source: <http://beaninstitute.com/fudgy-black-bean-brownies/>