

Black Bean Brownies

Yield: 16 Brownies

Ingredients:

1 15.5oz can black beans, drained and rinsed
3 eggs
½ cup (4oz) unsweetened apple sauce
¼ cup cocoa powder
⅔ cup sugar
1 tsp. instant coffee
½ tsp baking powder
¼ tsp. salt
1 ½ tsp vanilla
¼ cup semi-sweet chocolate chips (optional)

Preheat oven to 350

Lightly grease an 8x8 baking pan.

In a blender, puree beans, eggs, and applesauce. Add cocoa powder, sugar, coffee, baking powder, salt, and vanilla and blend until mixed. Pour into baking dish, sprinkle evenly with chocolate chips, and bake for 30 minutes or until set. Let cool before cutting.

Nutrition info per brownie: Calories 84, Fat 2g, Carbs 12g, Protein 3g

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