Black Bean Brownies

Here is a brownie recipe that gives you the beneficial fiber, vitamins and minerals of black beans plus a rich, chocolate taste and not much fat or many calories. See if your Valentine notices anything unusual when biting into these delicious, moist treats!

Canola oil spray
1 can (15 oz.) reduced-sodium black beans, rinsed and drained
3 large eggs
3 Tbsp. canola oil
1⁄4 cup unsweetened cocoa powder
Pinch of salt
1⁄2 Tbsp. vanilla extract
2⁄3 cup light brown sugar, packed
3 Tbsp. bittersweet or dark chocolate chips

Preheat oven to 350 degrees. Coat 8-inch baking pan with canola oil spray. In food processor, place beans, eggs, canola oil, cocoa powder, salt, vanilla and brown sugar and blend until smooth. Remove blade and carefully stir in chocolate chips. Transfer mixture to prepared pan. Bake for 30-35 minutes or until a clean dry knife inserted in center comes out clean. Cool before cutting into squares.

**Makes 16 servings (1 brownie each)**

**Per serving:** 110 calories, 5 g total fat (1 g saturated fat),15 g carbohydrates, 3 g protein, 2 g dietary fiber, 64 mg sodium.

**For more information contact:**

Geissler Baker, MEd.

Extension Agent, Family & Consumer Sciences

3309 Burlington Rd., Greensboro, NC 27405

Phone: 336-641-2400 Fax: 336-641-2402

Email: ggbaker@ncsu.edu

Use of trade names does not imply endorsement by the North Carolina Cooperative Extension of the products named nor criticism of similar products not mentioned.



North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.