

Black Bean Brownies



Servings: 12

Nutrition Information:

39g carbohydrates
220 calories
5 g fat
2g saturated fat
0mg cholesterol
43mg sodium
8g fiber
10g protein

Ingredients:

1- 15oz.can low sodium black beans,
rinsed and drained
½ cup semisweet chocolate chips
3 tbsp. unsweetened, applesauce
¾ cup egg whites

⅔ cups packed, brown sugar
½ c baking cocoa
1 tsp. vanilla extract
½ tsp. baking powder
¼ cup ground flaxseed

Directions:

1. Preheat oven to 350 degrees and spray a 9 in. square baking pan with cooking spray.
2. In a food processor or blender, add eggs, applesauce, beans, flaxseed, and chocolate chips. Blend until smooth.
3. Add brown sugar, cocoa, vanilla, and baking powder and blend well.
4. Transfer batter to baking pan and bake for 20-25 minutes or until a toothpick inserted in the middle comes out clean.
5. Cut into bars and serve. Optional add walnuts for added fiber and Omega 3.

Compare: Regular Brownie: 243kcal, 10g fat, 3g sat, 10mg cholesterol, 153mg sodium, 39g carbohydrate, 0g fiber, 2.5g protein