

Black Bean Brownies

Looking for something sweet? Try these tasty chocolate protein brownies!

Makes: 16 Servings
 Prep Time: 15 mins
 Cook Time: 30 mins

Source: CookingMatters.org



Small Changes,
 BIG Difference!

Ingredients

- Nonstick cooking spray
- 1 (15-ounce) can black beans or 1 3/4 cups cooked, cooled black beans
- 3 large eggs
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup cocoa powder
- Optional Ingredients: 1/2 cup chocolate, peanut butter or butterscotch chips, or chopped nuts

Directions

1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.



Nutrition Information

Serving Size: 1 brownie	
Nutrients	Amount
Calories:	90
Total Fat:	4 g
Saturated Fat:	0.5 g
Cholesterol:	35 mg
Sodium:	15 mg
Total Carbohydrates:	12 g
Dietary Fiber:	2 g
Total Sugars:	7 g
Protein	3 g

Utensils Needed

- Measuring cups & spoons
- Can opener
- Colander
- Rubber spatula
- Fork
- 9-inch square baking dish

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$9.06

Average cost/serving: \$0.57

Makes: 16 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Black Beans, Canned 15.5 oz



Add 1 to Cart
Light Brown Sugar, 32 oz



Add 1 to Cart
Large Grade A Eggs, 12 ct



Add 1 to Cart
Unsweetened Cocoa Powder, 8 oz

SAVE TIME, SAVE MONEY

Chef's Notes

- If you have a blender or food processor, you can use it to make these brownies. Put eggs, oil and vanilla in a blender or food processor, pulse to mix. Add beans and blend until pureed and smooth, 1 to 2 minutes, scraping down the sides of the blender or food processor with a rubber spatula once or twice. Add sugar and cocoa, and blend until mixed, about 1 minute. Add chips or nuts (if using), and pulse once or twice to mix.

My Cooking Notes

Produce Tip: Beans

- Beans are a unique food belonging to the protein and vegetable food group. As a plant based protein, they contain essential nutrients like dietary fiber, iron, & folate.
- Save time with canned. This inexpensive option is quick and easy to use. Be sure to rinse them before use to remove excess sodium.
- Save money with dried. This option has little to no sodium and is cheaper per pound than canned. Since they take longer to prepare, cook a large batch in advance to save time in future dishes.

