

BLACK BEAN BROWNIES (GLUTEN FREE)



INGREDIENTS

3 3/4 lb	Black beans (canned)
1 2/3 cup	Semi-sweet chocolate baking chips
3/4 cup	Canola oil
11 ea	Eggs
2 2/3 cup	Brown sugar (packed)
2 cup	Unsweetened cocoa powder
4 tsp	Vanilla extract
2 tsp	Low sodium baking powder
1/2 tsp	Salt

INSTRUCTIONS

1. Place the beans, 1/4 cup of chocolate chips and oil in a food processor. Cover and process until blended.
2. Add eggs, brown sugar, cocoa, vanilla, baking powder, and salt. Cover and process until smooth.
3. Transfer into a greased 9 inch square baking pan.
4. Sprinkle with remaining chocolate chips and bake at 350°F for 20-25 minutes or until toothpick inserted near the center comes out clean.
5. Cool on wire rack and cut into bars.

NUTRITION

Calories:	175
Sodium:	152 mg
Trans Fat:	0g
% Calories from Saturated Fat:	10%



Number of Servings: 48 (73 g per serving)

Recipe courtesy of LincolnHealth