

# 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

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