

Featured Ingredient...



BLACK BEAN BROWNIES

INGREDIENTS

- 1 ½ cup of dried black beans, soaked OR 1 15.5 oz can of black beans, drained & rinsed
- ½ cup unsweetened apple sauce
- ¼ cup gluten-free flour (regular flour will work also)
- ¼ tsp baking soda
- ½ cup + 1 Tbsp granulated sugar
- ¼ cup unsweetened cocoa power
- 1 tsp vanilla extract
- ¼ cup semi-sweet chocolate chips

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a food processor, puree black beans until very smooth.
3. Add remaining ingredients, except chocolate chips, and mix until well combined.
4. Fold in chocolate chips.
5. Spread brownie batter in a greased deep baking pan (8 x 10).
6. Optional – sprinkle a few chocolate chips or candy-coated chocolate pieces on top for garnish.
7. Bake for 45 minutes.

NUTRITIONAL FACTS

Servings: 10
Calories: 191
Protein: 5 grams
Carbohydrates: 38 grams
Fat: 3.1 grams
Fiber: 7 grams

CALORIE CONSIDERATIONS

Adjust the serving size to adjust calories if desired.

