

FUDGY BLACK BEAN BROWNIES

Makes 16 servings; serving size one brownie

INGREDIENTS:

- One 15-ounce can black beans, drained and rinsed very well
- 3 large eggs
- 3 tablespoons canola oil
- 3/4 cup granulated sugar
- 1/2 cup unsweetened cocoa powder
- 1/2 cup mini semi-sweet chocolate chips, divided
- 1 teaspoon vanilla extract
- 1/2 teaspoon peppermint extract, optional
- 1/2 teaspoon baking powder
- Pinch salt

DIRECTIONS:

1. Preheat the oven to 350°F. Lightly oil or coat an 8 x 8-inch baking pan or dish with nonstick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, oil, sugar, cocoa powder, 1/4 cup of the chips, vanilla extract, peppermint extract as desired, baking powder, and salt and process until smooth and the chips are broken up.
3. Pour the batter into the prepared pan, smooth the top with a rubber spatula, and sprinkle with the remaining 1/4 cup chocolate chips.
4. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into 2-inch squares.

NUTRITION:

120 calories, 5g fat (1.5g saturated, 0.3g omega-3), 95mg sodium, 18g carbohydrate, 2g fiber, 3g protein

Recipe Created by Liz Weiss, MS, RD, Meal Makeover Moms (<http://mealmakeovermoms.com>)

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