

## Black Bean Brownies

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Prep Time: 2

*These tasty brownies have that good chocolate taste with an added health benefit. They are made with black beans instead of flour, which makes them a gluten free treat as well! You would never guess the secret ingredient if you didn't make them yourself.*

1 (15 ounce) can black beans, drained and rinsed  
3 eggs  
3 Tablespoons canola oil  
4 Tablespoons cocoa powder  
1 teaspoon vanilla  
3/4 cup sugar  
Pinch of salt  
Non-stick cooking spray

Preheat oven to 350° F.

Coat an 8 by 8 baking pan with non-stick cooking spray and set aside.

Pour drained and rinsed beans into a blender or food processor. Pulse until the beans start getting mushy. Add the eggs and canola oil to help puree the beans more easily. Continue pureeing until the bean mixture is smooth. Add the cocoa powder, vanilla, sugar and blend or process, until evenly mixed.

Pour batter into the spray coated 8 by 8 pan. Bake in oven for 30 minutes, or until toothpick placed in the center comes out clean.

Serves 16

Calories 112; Fat 4g; Protein 4g; Carbohydrates 16g; Fiber 3g; Sodium 74mg

NOTES: \_\_\_\_\_

Total Cost: \$3.00

Cost Per Serving (16): \$0.18

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