

Gluten Free & Guilt Free Black Bean Brownies

TOTAL TIME: Prep: 15 min. Bake: 20 min. + cooling YIELD:12 servings



Ingredients

- 1 can (15 ounces) black beans, rinsed and drained
- 1/2 cup semisweet or dark chocolate chips
- 3 tablespoons canola oil (or try a flaxseed cooking oil with a high smoke point)
- 3 eggs (omega 3 eggs to pack an extra anti-inflammatory boost)
- 2/3 cup packed brown sugar
- 1/2 cup baking cocoa powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt

Directions

- **1.** Place the beans, chocolate chips and oil in a food processor; cover and process until blended. Add the eggs, brown sugar, cocoa, vanilla, baking powder and salt; cover and process until smooth.
- **2.** Transfer to a 9-in. square baking pan coated with cooking spray. Bake at 350°F for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Cut into 12 bars.

Nutritional Facts

Per 1 brownie (1/12th recipe): 167 calories, 7 g fat (2 g saturated fat), 53 mg cholesterol, 131 mg sodium, 24 g carbohydrate, 2 g fiber, 4 g protein.