



Black Bean Brownies

Servings: 32 brownies

INGREDIENTS

2/3 cup (150 mL) all-purpose flour
Pinch salt
1/2 tsp (2 mL) baking powder
1/2 cup (125 mL) cocoa powder
1/2 cup (125 mL) margarine
1 1/2 cup (375 mL) sugar
1 cup (250 mL) cooked or canned black beans,
drained and rinsed*
4 eggs
1 tsp (5 mL) vanilla

*A 14 oz (398 mL) can of black beans drained & rinsed yields 1 1/4 cups (300 mL) beans and a 19 oz (540 mL) can drained & rinsed yields 2 cups (500 mL) beans. Store leftover beans in an airtight container for 3 days in the refrigerator or 6 months in the freezer.

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Lightly oil a 9 x 13-inch (23 x 33 cm) pan.
3. Sift flour, salt and baking powder together in a bowl.
4. In a food processor, combine cocoa, margarine, sugar, black beans, eggs and vanilla. Blend until well mixed with little or no bean texture left.
5. Stir wet mixture into dry ingredients until moist. Pour the batter into the pan. Bake for 30 minutes or until a knife inserted in the center comes out clean. Store these moist brownies in an airtight container in the fridge.

NUTRIENTS

Per Serving (1 brownie)
95 Calories, 4 g Fat, 1 g Saturated Fat,
24 mg Cholesterol, 14 g Carbohydrate,
1 g Fibre, 10 g Sugar, 2 g Protein, 58 mg Sodium,
54 mg Potassium, 22 mcg Folate, 0.5 mg Iron