



Black Bean Brownies

Step up your dessert game with these brownies, featuring a secret healthy ingredient. Black beans are rich in fiber and protein and pack cancer-fighting compounds like lignans and saponins.

Black Bean Brownies

Canola oil spray

1 can (15-oz.) reduced-sodium black beans, rinsed and drained

3 large eggs

3 Tbsp. canola oil

1/4 cup unsweetened cocoa powder

Pinch of salt

1/2 Tbsp. vanilla extract

2/3 cup light brown sugar, packed

3 Tbsp. bittersweet or dark chocolate chips

Preheat oven to 350 degrees. Coat 8-inch baking pan with canola oil spray

In food processor, place beans, eggs, canola oil, cocoa powder, salt, vanilla and brown sugar and blend until smooth. Remove blade and carefully stir in chocolate chips.

Transfer mixture to prepared pan. Bake for 30-35 minutes or until a clean dry knife inserted in center comes out clean.

Cool before cutting into squares.

Makes 16 servings (1 brownie each).

Per serving: 110 calories, 5 g total fat (1 g saturated fat), 15 g carbohydrates, 3 g protein, 2 g dietary fiber, 64 mg sodium.