

Black Bean Brownies

Ingredients

1 (15 oz) can black beans, rinsed and drained
3 eggs
3 TBSP canola oil
¼ cup cocoa powder
1 pinch salt
1 TBSP vanilla extract
¼ cup white sugar
½ cup splenda
1 TBSP cinnamon
½ cup semi-sweet chocolate chips (optional)
½ cup chopped walnuts (optional)
Yield: 24

Method:

Preheat oven to 350 degrees. Lightly grease an 8x8 square baking dish.

Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, Splenda and cinnamon (you may substitute instant coffee) in a blender; blend until smooth; pour the mixture into the prepared baking dish. Sprinkle with chocolate chips and walnuts.

Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes! Enjoy.

Nutrition information with walnuts:

Calories	60
Fat	3 grams
Saturated Fat	.5 grams
Carbohydrate	5.5 grams
Fiber	1 gram
Sugar	2 grams
Protein	2 grams