

Fudgy Black Bean Brownies

Want a sweet treat but also want to eat healthy? This recipe is for you! Full of yummy chocolate chips, you will never know that there are black beans in it!

Preparation Time: 10 minutes

Cooking Time: 30 – 35 min

Servings: 16

Amount	Ingredient	Cost – date:
1 (One) 15 oz can	Black Beans, drained and rinsed	
3 Large	Eggs	
3 Tbsp	Applesauce or Canola Oil	
½ cup	Granulated Sugar (original had ¾ cup)	
1/2 cup	Cocoa Powder, unsweetened	
1 tsp	Vanilla Extract	
1/2 tsp	Peppermint Extract (Optional)	
1/2 tsp	Baking Powder	
Pinch	Salt	
1/2 cup	Mini Semi-sweet Chocolate chips, divided.	
	Cost for the total recipe	
	Cost for 1 serving	

Preparation:

1. Preheat the oven to 350°F. Lightly oil or coat an 8 X 8-inch baking pan or dish with nonstick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth and creamy. Add the eggs, applesauce, sugar, cocoa powder, vanilla, peppermint extract as desired, baking powder, and salt and process until smooth. Add ¼ cup of the chips and pulse a few times until the chips are incorporated.
3. Pour the batter into the prepared pan, smooth the top with a rubber spatula, and sprinkle with the remaining ¼ cup chocolate chips.
4. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing into 2-inch squares.

Recipe Source: www.beaninstitute.com

Thanks for coming to Forest Brook Community Church today! We look forward to having you join us again to make another great recipe, enjoy some food and community!

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