

Black Bean Brownies

Makes 20 Servings



Photo Credit: [B*2: Fudgy Black Bean Brownies \(Really!\), flickr](#)

Ingredients

1 15.5 ounce can black beans*

1 package brownie mix

Directions

- Rinse and drain black beans well. Put beans back in can and add enough water to cover beans.
- Blend black beans in food processor or blender until smooth.
- Mix in with brownie mix and bake following package directions.
No oil or eggs are needed. Brownies will be slightly denser and fudge like.

*Can also use home cooked dried beans instead of canned beans; this will help cut down on the sodium found in canned beans. Fill an empty can with pre-cooked beans, add enough water to cover beans, and add to brownie mix. 1.5 cups of cooked beans is about equivalent to 1 can (15.5 oz).

Nutrition Information per Serving (varies depending on brand of mix used): Calories: 110,
Total Fat: 1 gm, Saturated Fat: 0 gm, Trans Fat: 0 gm, Cholesterol: 0 mg, Sodium: 85 mg,
Carbs: 24 gm, Fiber: 2 gm, Protein: 2 gm