

Black Bean Brownies

Recipe Type: Dessert

Serves: 16

Prep Time: 5 minutes

Cooking Time: 15 - 20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

1–15.5 oz can of black beans

¼ C water

1–18 oz box chocolate brownie mix

Cooking oil spray

What to do:

1. Wash your hands.
2. Preheat the oven to 350°F.
3. Rinse the beans in a colander with running water.
4. Put the water and the beans in a blender. Blend into a smooth paste.
5. In a large bowl add the bean paste and brownie mix and stir well.
6. Spray a 11x7 inch baking pan with the cooking spray.
7. Pour out the brownie mix into the pan and bake them for 15 to 20 minutes.
8. Remove the brownies from the oven to cool.
9. Cut into 16 pieces and enjoy!

Note: To see if the brownies are done, poke them with a toothpick. If the toothpick comes out clean, the brownies are done.



This is a picture of 1 serving.

Contains: Wheat

Nutrition Facts

16 servings per container

Serving size **1 Piece (63g)**

Amount per serving

Calories **170**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 32g **12%**

Dietary Fiber 2g **7%**

Total Sugars 18g

Includes 18g Added Sugars **36%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 8mg **0%**

Iron 2mg **10%**

Potassium 97mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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