

Black Bean Brownies

Makes 9 servings | **Grains**

Ingredients

- 115-ounce can black beans (about 2 cups cooked)
- $\frac{1}{2}$ cup semisweet chocolate chips, divided
- 3 Tablespoons canola oil
- 3 eggs
- $\frac{2}{3}$ cup sugar
- $\frac{1}{2}$ cup cocoa powder
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{8}$ teaspoon salt
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Spray an 8×8-inch or 9×9-inch baking pan with nonstick spray. Set aside.
3. Preheat oven to 350°F.
4. If using canned beans, drain and rinse with cool water.
5. In a blender, add beans, $\frac{1}{4}$ cup chocolate chips, and oil. Blend until beans are no longer whole. The mixture may look a little lumpy.
6. Add remaining ingredients to the blender (except $\frac{1}{4}$ cup chocolate chips) and blend until smooth.
7. Spread mixture in the baking pan. Sprinkle with the remaining chocolate chips.
8. Baking at 350°F for 20-25 minutes.
9. Cool before slicing.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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