

Black Bean Brownies

(food processor or blender needed)

Ingredients:

- | | |
|----------------------------------|--------------------------|
| 1 c. Oats (blend into a 'flour') | 1 t Baking Powder |
| 1 Can Black Beans | 1/4 c. Dark Cocoa Powder |
| 3 Eggs, room temp | 2 pkt Stevia |
| 1/3 c Coconut Oil | 1/2 c. Mini Choc Chips |
| 1 t Vanilla | |
| 5 Dates | |
| 1 Overripe Banana | |



Directions: Whirl oats until a fine 'flour' is formed and set aside. Melt coconut oil (note that if any ingredients are cold, it might cause the oil to harden again). Drain beans and rinse very well. Blend all ingredients except mini chocolate chips together on 'high' until very smooth, then gently stir in chips. Spray a 9x9 pan and spread batter evenly. Bake at 325 for 20 minutes or until just done. Let cool and cut into squares.



Recipe by: Beth Michaels, RD, CDE

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Nutrition Information per serving
(1 slice or 'cupcake' based on 24 servings): *Standard Carrot Cake*

Calories: 120 *360 Calories*
Fat: 8 grams *16 g Fat*
Protein: 5 grams *2 g Protein*
Carbohydrates: 15 grams *37 g Carbs*
Fiber: 3 gram *2 g Fiber*
Sodium: 60 g *320 mg Sodium*

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