Black Bean Brownies
Servings 8 | Prep time 15 mins. | Total time 35-40 mins.

Equipment: Can opener, 2-quart Mixing bowl, Potato masher or fork, Measuring cups and spoons, 8x8 inch baking dish or pan. Utensils: Mixing spoon, Toothpick to test

Ingredients
Cooking spray or oil
1 16 ounce can black beans, rinsed and drained (about 2 cups cooked)
1/4 cup oil, vegetable or canola
3 large eggs
2/3 cup packed brown sugar
1/2 cup baking cocoa
1 teaspoon vanilla extract
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 semi-sweet chocolate chips (optional)

Instructions
1. Before you begin wash your hands, surfaces, and utensils.
2. Preheat oven to 350 degrees.
3. Prepare an 8x8 inch pan or baking dish: spray with cooking spray or run with oil.
4. Use a potato masher or fork to completely break up the beans.
5. Add the oil to the beans. Stir to mix completely, be sure that all beans are completely mashed.
6. Add the eggs and mix well.
7. Add brown sugar and cocoa and mix well.
8. Add vanilla extract, baking powder and salt.
9. Pour into the prepared baking pan. Sprinkle with chocolate chips (optional).
10. Bake at 350 degrees for 20-25 minutes or until toothpick interested in the center comes out clean.

Nutritional Information:
Calories 230
Total Fat 10g
Sodium 300mg
Total Carbs 33g
Protein 7g