

## Fudgy Fiber Brownies

Servings: 16

Total Time: 45 minutes

### Ingredients:

1 can (15 ounces) black beans, rinsed and drained  
3 tbsp. canola oil  
2/3 cup packed brown sugar  
1 tsp vanilla extract  
1/8 teaspoon salt

1/2 cup semisweet chocolate chips, divided  
3 eggs  
1/2 cup baking cocoa  
1/2 teaspoon baking powder

### Directions:

Place the beans, 1/4 cup chocolate chips and oil in a food processor; cover and process until blended. Add the eggs, brown sugar, cocoa, vanilla, baking powder and salt; cover and process until smooth. Transfer to a 9-in. square-baking pan coated with cooking spray. Sprinkle with remaining chocolate chips. Bake at 350°F for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Cut pan into 4x4 to yield 16 bars.

**Nutrition Information per Serving:** 127 calories, 5.5g fat, 1.6g saturated fat, 3.3g protein, 18.6g carbohydrate, 3g fiber, 137mg sodium



**Chef Notes:** Replace the last ¼ cup of chocolate chips with peanut butter chips. You can also substitute dark chocolate chips for semisweet to produce a richer brownie.

**Storage Tips:** Store at room temperature or in the refrigerator in an airtight container for up to 5 days, although they will most likely be eaten by then.