

I can't believe it's Black Bean Brownies!

Ingredients:

- 1- 19.8 oz box brownie mix
- 1- Can 15.5 oz Black Beans
- Low-fat cooking spray
- Tap Water

Directions:

1. Drain black beans. Rinse beans. Place beans in the can. Fill can to top with cool tap water.
2. Put beans **and** water into food processor. Pulse until well blended and smooth.
3. Place dry brownie mix in a large mixing bowl.
4. Pour black bean puree over dry brownie mix and mix well.
5. Pour batter into a greased (with low-fat cooking spray) glass pan. Cook at 350°F oven using timing recommendations on the box of brownie mix.
6. Cool for at least 30 minutes, slice into 16 pieces and enjoy!

Nutrition Information: Serving – 1 brownie (1/16 of pan)

| | |
|--------------------|---------------------|
| Calories ~164 | Sodium ~ 175mg |
| Total Fat ~ 1.9g | Carbohydrates ~ 35g |
| Saturated Fat ~ 0g | Sugar ~ 20g |
| Cholesterol ~ 0g | Fiber ~ 2.5g |
| Protein ~ 3g | |