**3311 RiverBend Drive**

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Double Chocolate Brownies

1 15oz can of low sodium black beans. Drained and rinsed

3 large eggs

3 Tbs olive oil

¾ cup sugar

½ cup unsweetened cocoa powder

1 tsp vanilla extract

½ tsp baking powder

Optional a pinch of salt

½ cup semi-sweetened mini chocolate chips

Optional: chopped nuts (¼ to ½ cup)   
  
Heat oven to 350 F. Coat a 8x8 pan with non-stick cooking spray. Place black beans in food processor and process until smooth. Add eggs, oil, sugar, cocoa powder, vanilla and baking powder. Process until well combined. Hand mix in ¼ cup of mini chocolate chips and nuts if desired until they are incorporated. Pour batter into baking dish. Smooth the top with spatula. Sprinkle remaining chocolate chips on top. Bake for 30-35 minutes.

Yields: 16 servings

120 calories, 5g total fat (1.5g saturated fat), 50mg sodium, 16g carbs, 3g fiber, 3g protein

