



Black Bean Brownies



Start to finish time: 40 minutes

Number of servings: 16

| Nutrition Facts | |
|---|-----------------------|
| Serving size | 1 brownie |
| Amount per serving | |
| Calories | 92 |
| | % Daily Value* |
| Total Fat 3.9g | 5 % |
| Saturated Fat 0.7g | 4 % |
| Trans Fat 0g | |
| Cholesterol 39mg | 13 % |
| Sodium 51mg | 2 % |
| Total Carbohydrate 12g | 4 % |
| Dietary Fiber 2.5g | 9 % |
| Total Sugars 6.8g | |
| Includes 6.7g Added Sugar | 13.4 % |
| Protein 3.1g | |
| Vitamin D 0.2mcg | 1 % |
| Calcium 22mg | 2 % |
| Iron 1mg | 6 % |
| Potassium 131mg | 3 % |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

INGREDIENTS:

- Nonstick cooking spray
- 1 (15-ounce) can black beans (drained and rinsed) or 1 ¾ cups cooked, cooled black beans
- 3 large eggs
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup cocoa powder

Optional Ingredients:

- 1/2 cup chocolate, peanut butter, butterscotch chips, or chopped nuts

DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit. Gather and prepare ingredients and coat a 9-inch baking pan with nonstick cooking spray.
2. In a medium bowl mash beans with a fork.
3. In a large bowl, whisk egg, oil, and vanilla with a fork.
4. Add the beans and the rest of the ingredients to the egg mixture.
5. Mix until ingredients are combined.
6. If you have a blender, skip steps 2-5 and add all ingredients to a blender, blending until smooth.
7. Pour batter mixture into prepared pan.
8. If using, add optional ingredients to the top and place pan in the oven. Bake for about 25-30 minutes or until a knife inserted in the middle comes out clean.
9. Let the brownies cool completely before cutting into 16 squares.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

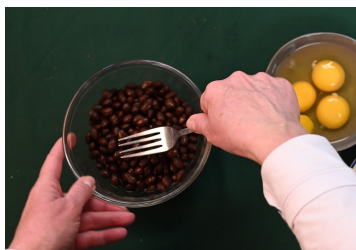


STEP-BY-STEP DIRECTIONS:



Step 1

Preheat oven to 350 degrees Fahrenheit. Gather and prepare ingredients and coat a 9-inch baking pan with nonstick cooking spray.



Step 2

In a medium bowl mash beans with a fork.



Step 3

In a large bowl, whisk egg, oil, and vanilla with a fork.



Step 4

Add the beans and the rest of the ingredients to the egg mixture.



Step 5

Mix until ingredients are combined.



Step 6

If you have a blender, skip step 2-5 and add all ingredients to a blender, blending until smooth.



Step 7

Pour batter mixture into prepared pan.



Step 8

If using, add optional ingredients to the top and place pan in the oven. Bake for about 25-30 minutes or until a knife inserted in the middle comes out clean.



Step 9

Let the brownies cool completely before cutting into 16 squares.

SUBSTITUTIONS:

- Walnuts were used in this recipe, but any type of nut would work. Choose based on your preference!

MSU EXTENSION NOTES:

- Using a blender to mix the ingredients is recommended for the best texture.
- If possible, use low-sodium black beans. If you cannot, rinse the beans really well to remove extra salt.
- The nutrition label does not include the optional ingredients.

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