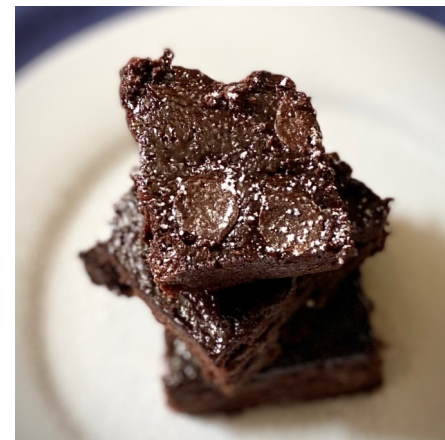


National Commodity Supplemental Food Program

Black Bean Brownies

Makes: 16 2x2" brownies Bake Time: 30-40 minutes



Ingredients

- 1 can black beans (1+1/2 cups)
- 3 tablespoons applesauce or cooking oil (per nutrition facts)
- 1 teaspoon vanilla extract
- 3 eggs
- 1/3 cup cocoa powder
- 2/3 cup sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup chocolate chips
- Cooking oil spray

Directions

- Pre-heat oven to 350 degrees Fahrenheit.
- Drain liquid from beans then soak in fresh water for a few minutes (repeat to remove bean flavor).
- Put beans in blender or food processor with oil, vanilla and eggs; puree until smooth.
- Separately, mix cocoa, sugar, baking powder and salt.
- Mix wet and dry ingredients until moist; stir in half of chocolate chips.
- Coat pan with cooking oil spray.
- Put batter in 8x8" baking pan and sprinkle with remaining chocolate chips.
- Bake until toothpick inserted in center comes out almost clean (30-40 minutes).
- Cool in pan before cutting to serve.

CSFP Food Item Spotlight:

- Black beans are iron-rich, high in antioxidants, and a good source of protein.
- Black beans are also an excellent source of fiber.

Nutrition Facts

# servings per recipe	16
Serving size	1 square
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 30g	11%
Sodium 50g	2%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes #g Added Sugars	
Protein 2g	
Vitamin D 3mcg	14%
Calcium 19mg	1%
Iron 1mg	4%
Potassium 96mg	2%

*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.

Recipe Source: adapted by Greater Cleveland Food Bank from LiveEatLearn.com