



Black Bean Brownies

Yield: 12 servings

Ingredients

Non-stick cooking spray

⅓ cup whole wheat flour

⅓ cup cocoa powder,
unsweetened

½ teaspoon baking powder

¼ teaspoon kosher salt

3 cups black beans; canned,
drained, rinsed

¾ cup sweetener (maple syrup
or honey)

3 tablespoons extra virgin olive oil

1 teaspoon vanilla extract

⅓ cup chocolate chips

Instructions

1. Heat oven to 350 degrees and spray a mini muffin pan with non-stick spray.
2. In a medium sized bowl, whisk together the whole wheat flour, cocoa powder, baking powder and salt.
3. In a large bowl, mash the black beans with a potato masher or whisk until smooth. Stir in the sweetener, oil and vanilla extract.
4. Add the black bean mixture to the flour mixture along with the chocolate chips. Stir until combined.
5. Fill mini muffin cups with brownie batter.
6. Bake for 8 to 12 minutes until done.

Nutrition Information

Serving Size: 2 brownies

Calories: 192

Total Fat: 5.5 g

Monounsaturated Fat: 3 g

Polyunsaturated Fat: 0.6 g

Saturated Fat: 1.6 g

Sodium: 126 mg

Total Carbohydrate: 33 g

Dietary Fiber: 6 g

Sugars: 15 g

Protein: 5 g

Source: Adapted from Health meets Food

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