

This healthy dessert also gives you protein and energy!

## **INGREDIENTS:**

- 1 (15-oz) can black beans, drained and rinsed
- 3 tbsp unsweetened cocoa powder
- ½ cup quick oats
- 1 tsp baking powder
- 1 tbsp zero calorie sweetener such as SLENDA
- ¼ tsp salt
- 3 tbsp molasses
- 3 tbsp vegetable oil
- 1 tbsp vanilla extract
- 1 large egg
- ¼ cup milk chocolate chips



## **INSTRUCTIONS:**

1. Preheat oven to 350 F. Line an 8×8 pan with parchment paper.
2. Combine all ingredients, except for the chocolate chips, in a blender or food processor. Blend until completely smooth.
3. Stir in the chocolate chips, and then pour into the 8×8 pan. Sprinkle extra chocolate chips over the top, if desired. Cook the black bean brownies for approximately 17-20 minutes, or until a fork comes out clean.
4. Let cool at least 10 minutes before cutting them into squares.

<b>Nutrition Facts</b>		<b>Amount</b>	<b>% Daily Value*</b>	<b>Amount</b>	<b>% Daily Value*</b>			
<b>Amount per</b>	47 g	<b>Total Fat</b>	7.1g	11%	<b>Total Carbohydrates</b>	18g	6%	
1 serving (1.7 oz)		Saturated	1.9g	9%	Dietary Fiber	3g	11%	
<b>Calories</b>	148	Trans Fat	0g		Sugars	8g		
From fat	62	<b>Cholesterol</b>	22mg	7%	<b>Protein</b>	3g	7%	
<i>HappyForks.com</i>		<b>Sodium</b>	73mg	3%	<b>Calcium</b>	6%	<b>Iron</b>	8%
		<b>Vitamin A</b>	1%	<b>Vitamin C</b>	0%	* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.