

Black Bean Brownie Bites

These brownie bites are just what you need to curb your chocolate craving! While perfect for a lunch box treat or after school snack with a tall glass of calcium-rich milk, these bites are also great for summer picnics and birthday parties.

Ingredients:

- 3/4 cup low-sodium canned black beans, drained and rinsed
- 1/4 cup unsweetened applesauce
- 1/4 cup canola oil
- 2 large egg whites
- 1 large egg
- 1/2 cup packed brown sugar
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened cocoa powder
- 1/3 cup whole wheat flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup semi-sweet chocolate chips

Directions:

1. Preheat oven to 350° F. Grease a 9 x 9 inch square baking pan.
2. In a food processor, finely puree black beans, applesauce, and canola oil until smooth. Transfer to a large bowl and add egg whites, egg, sugar and vanilla; stir to combine.
3. In a separate small bowl, whisk together cocoa powder, flour, baking powder and salt. Add flour mixture to black bean mixture and whisk until batter is smooth. Fold in chocolate chips.
4. Transfer batter to baking pan and bake for 20-25 minutes or until a knife inserted into the center comes out clean.
5. Allow brownies to cool completely then cut into 16 bites and serve!

Yield: 16 servings (1 brownie bite per serving)

Nutrition Facts:

110 Calories; 6g Fat (1g Saturated Fat; 0g Trans Fat); 12mg Cholesterol; 114mg Sodium; 15g Carbohydrate (2g Fiber, 10g Sugar, 9g Added Sugar); 2g Protein; 1% Daily Value (DV) Vitamin A; 0% DV Vitamin C; 0% DV Vitamin D; 2% DV Calcium; 4% DV Iron; 2% DV Potassium

Recipe

