Black Bean Brownie
From employee Kyle Kroha adapted from Snack Girl
http://www.snack-girl.com/snack/black-bean-brownies/?c=rp

Ingredients

- 12oz can black beans
- 20z package brownie mix

Instructions

1. Remove lid from black bean can. Pour off liquid and rinse with water until clear.
2. Fill can (with rinsed beans in it) to top with fresh water.
3. Blend black beans and water in food processor or blender until smooth.
4. Combine black beans with brownie mix in place of water and oil required for preparation of box brownie recipe. Follow recipe on box.
5. Check for doneness by inserting a toothpick into the brownies. It should come out clean.

Makes 16 servings

Nutrition information per serving

<table>
<thead>
<tr>
<th>Calories: 154</th>
<th>Dietary Fiber: 2.3g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 4.2g</td>
<td>Sodium: 103mg</td>
</tr>
<tr>
<td>Sugar: 17g</td>
<td>Protein: 2.5g</td>
</tr>
<tr>
<td>Carbohydrates: 30g</td>
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</tbody>
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