

# **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**

Calories: 154	Dietary Fiber: 2.3g
Total Fat: 4.2g	Sodium: 103mg
Sugar: 17g	Protein: 2.5g
Carbohydrates: 30g	