

Black Bean Brownies

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Serves: 16

Items Needed: can opener, colander, food processor or blender, mixing spoon, 8x8 baking pan

Ingredients:

- Cooking spray
- 1 ½ cup canned black beans, rinsed and drained
- 2 Tbsp. cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- 1/3 cup maple syrup or honey
- 2 Tbsp granulated sugar
- ¼ cup canola oil
- 2 tsp pure vanilla extract
- ½ tsp baking powder
- ½ cup chocolate chips



Directions:

1. Preheat oven to 350 degrees F. Grease an 8x8 baking pan with cooking spray and set aside.
2. Combine all ingredients except chocolate chips in a food processor or blender.
3. Puree until a smooth consistency is achieved.
4. Stir in chocolate chips with a mixing spoon.
5. Pour mixture into greased baking pan.
6. Bake for 15-18 minutes, or until a knife inserted in the center comes out clean. Remove and let cool.

Information (per 1/16 of recipe):

Calories: 90 cals Fat: 4 g Carbs: 11 g Protein: 1.5 g Fiber: 1.5 g Sodium: 83 mg

<https://wexnermedical.osu.edu/nutrition-services>