



Black Bean Brownies



Adapted from *Chocolate Covered Katie*

Ingredients



- 1 1/2 cup black beans (1 15-oz. can)
- 2 Tbsp. cocoa powder
- 1/2 cup oats
- 1/2 cup honey, maple syrup or agave
- 1/4 cup vegetable or coconut oil
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2 tsp. vanilla extract (optional)
- 1/2 cup chocolate chips (optional)



Directions



Yield: 12 brownies **Serving Size:** 1 brownie **Total cost:** \$4.65 **Serving cost:** \$0.39

1. Preheat oven to 350 F. Grease or line an 8x8 pan with parchment paper.
2. Combine all ingredients except chocolate chips in a food processor or blender. Blend until smooth.
3. Place mixture into bowl, and stir in the chocolate chips. Pour mixture into pan, and evenly spread out with spoon or spatula.
4. Bake in oven for 15-18 minutes. Let cool at least 10 minutes before cutting. If they still look a bit under-cooked, place them in the fridge overnight, and they will firm up.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups






Nutrition Facts	
12 servings per container	
Serving size	1 Brownie
Amount Per Serving	
Calories	160
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1.6g	8%
<i>Trans Fat</i> 0g	
Cholesterol < 5mg	1%
Sodium 95mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 12g Added Sugars	24%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.9mg	4%
Potassium 141mg	4%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Cooking Tips



- This recipe is a great gluten-free dessert option when using gluten-free rolled oats.
- Fold in walnuts when you add the chocolate chips for an added crunch.
- Cost and nutrition facts are for vegetable oil and honey option.

Second Harvest is an equal opportunity provider.



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