



# Black Bean Brownies

## Ingredients

Non-stick cooking spray

15 oz can black beans

3 large eggs

3 tablespoons canola oil

1 teaspoon vanilla

½ cup brown sugar

1/3 cup cocoa powder

½ cup chocolate, peanut butter or butterscotch chips or chopped nuts (optional)

## Directions

1. Preheat oven to 350°F. Coat a 9-inch baking pan with non-stick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil, and vanilla with a fork.
4. Add beans to the bowl and mash with the fork until beans are barely visible.
5. Stir in sugar, cocoa, and blend with a rubber spatula until mixed.
6. Stir in chips or nuts if desired.
7. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes.
8. Let cool completely before serving.
9. Cutting into 16 squares.