

Black Bean & Avocado Brownies

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Yield: 16 pcs 2x2 square

15 oz canned Black Beans, rinsed and dried

1 Lg Egg

2 Lg Egg Whites

1 ea large Avocado, ripe

1 t Olive Oil

2/3 c Cocoa Powder, unsweetened

¼ t Baking Powder

¼ t Baking Soda

¼ t Salt

2 t Vanilla Extract

½ c Dark Brown Sugar

½ c Chocolate Chips, plus 2 T for topping

Preheat oven to 350 degrees and lightly grease an 8x8 inch baking pan

Place all ingredients except the Chocolate Chips into a blender or food processor and puree until the ingredients form a smooth batter. Gently fold in ½ cup Chocolate Chips.

Pour the batter into the prepared pan and sprinkle with 2 T remaining Chocolate Chips.

Bake for 25-35 minutes or until a knife inserted into the center comes out mostly clean and the top of the brownie begins to crack.

Allow to cool completely and then cut into 16 even squares.

Notes:

Shopping List:

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