

Black Bean Brownies

Ingredients	16 Servings		54 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat the oven to 350° F. Lightly oil or coat a baking pan with nonstick cooking spray and set aside. Use an 8X8 pan for the smaller batch; use a half sheet pan for the larger batch.
Sugar	3 1/2 oz	1/2 cup	12 3/4 oz	1 2/3 cups	2. Combine the sugar, cocoa powder, baking powder, and salt, stirring until the ingredients are evenly combined.
Cocoa powder, unsweetened	1 1/2 oz	1/2 cup	4 1/2 oz	1 3/4 cups	
Baking powder	1/2 tsp	1/2 tsp	1 tsp	1 tsp	
Table salt	1/8 tsp	1/8 tsp	3/4 tsp	3/4 tsp	
Black beans, canned, rinsed and drained before measuring	10 oz	1 1/2 cups	2 lb 4 oz	1 qt 1 1/2 cups	3. Place the black beans in the bowl of a food processor. Add the eggs, oil, and vanilla extract and process until smooth.
Eggs, large	6 oz	3 each	20 oz	10 each	4. Add the eggs, oil, and vanilla extract and process until smooth.
Oil, olive or canola	1 1/2 oz	3 tbsp	5 1/2 oz	1/2 cup	
Vanilla extract	1/2 tsp	1/2 tsp	1 tsp	1 tsp	
Chocolate chips, dark	3 oz	1/2 cup	11 oz	1 2/3 cups	5. Add the sugar-cocoa powder mixture and half of the chips, (still in the food processor) and pulse a few times until incorporated (there will still be visible chunks of chips). (See Recipe Notes for additional ingredients to add at this point if desired.)
					6. Transfer the batter to the prepared pan and sprinkle with the remaining chocolate chips. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean.
					7. Cool in the pan before cutting into 2-inch squares.



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Recipe Notes:

Optional Additions to the Brownies

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Dried cherries or raisins	2 1/2 oz	1/2 cup	9 oz	1 2/3 cups

Serving Notes:

Serve 1 brownie per portion.

Nutrients Per Serving (includes optional cherries)					
Calories	120	Saturated Fat	1.5 g	Iron	1 mg
Protein	3 g	Cholesterol	40 mg	Calcium	28 mg
Carbohydrate	19 g	Vitamin A-RE	26 mcg	Sodium	180 mg
Total Fat	6 g	Vitamin C	1.2 mg	Dietary Fiber	3 g

