



Easy Black Bean Brownies

Ingredients (for 20 pieces):

- 15 oz. can black beans, canned
- 1 (20 oz.) box brownie mix

Directions:

1. Preheat oven to 350°F.
2. In a food processor, puree black beans, undrained.
3. Combine brownie mix (use low-fat if possible) and bean puree. Pour into a greased 9 x 13 inch pan.
4. Bake for 35 minutes; test readiness by sticking a toothpick in the center of the brownies. If the toothpick comes out clean it is ready, if there is batter on the toothpick, continue to check until done. Cool in the pan. Makes 20 pieces.

Nutrition Facts: Calories 155, Total fat 3.7 grams, Saturated fat 1 gram, Carbohydrates 28 grams, Dietary fiber 2 grams, Protein 3 grams, Sodium 180 mg, Iron 8%

Recipe provided by: Denver Public Schools, Enterprise Management, Food and Nutrition Services