

Bonus Brownies

Ingredients:

- 1 box brownie mix, enough for a 9 x 13 inch pan of brownies
- 1 (15 oz.) can black beans, rinsed under cold running water and drained
- 1 cup water

Seriously, we're not kidding about the beans! The beans replace the oil and the eggs, which lowers calories and total fat.

The beans add moisture and flavor, as well as a little bit of fiber and protein.

No need to tell your guests. Just smile and say thanks to the compliments!

YIELD: 20 brownies

Instructions:

- 1) Preheat oven to 350°.
- 2) Lightly oil a 9 x 13 inch baking pan with cooking spray or liquid oil.
- 3) Puree beans and water together in a blender or food processor until smooth.
- 4) Pour dry brownie mix in medium bowl. Stir bean-water mixture into brownie mix until combined. (No need to add the eggs or oil!)
- 5) Pour the mixture into prepared pan.
- 6) Bake for 28 to 32 minutes or until a toothpick inserted 2 inches from the side of the pan comes out clean.
- 7) Cool completely on a wire rack and cut into squares.

Additions:

- Choose one of the new brownie mixes with dark chocolate for some extra heart-healthy flavonoids.
- Use 1 (15 oz.) can of pumpkin puree in place of the black beans and the water.
- Use 1 cup vanilla yogurt with one box brownie mix to replace eggs and oil (you will still need to add the water).
- Before baking, sprinkle the top of the mix in the pan with a few dark chocolate or raspberry chocolate chips.
- Serve with vanilla yogurt, low-fat frozen yogurt, or double churned low-fat ice cream.
- Use your own brownie recipe for a 9 x 13 inch pan. Substitute black beans and water puree for the oil and egg in your recipe (see step 3).

Nutrition Analysis

Serving Size: 1 brownie
Calories: 129
Total Fat: 3.0 g
Calories from Fat: 21%
Saturated Fat: 1.0 g
Trans Fat: 0.0 g

Total Carb: 25 g
Dietary Fiber: 1 g
Sodium: 68 mg
Protein: 2.3 g
Calcium: 11.6 mg
Iron: 0.3 mg

Recipe Source

Tara Andrews, MSU Extension Custer County