

Black Bean Brownies

24 servings

Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease. Everyone has their own calorie limit. Staying within that limit can help you lose weight or maintain a healthy weight. The secret is learning how to balance your “energy in” (the calories you eat/drink) and “energy out” (the calories you burn for basic body functions and physical activity).



- 1 (15 ounce) can “no salt added” black beans
- 1 (18.4 ounce) box brownie mix

1. Wash hands with soap and water.
2. Preheat oven to temperature according to directions on the box. Spray a baking pan with non-stick cooking spray. Set aside.
3. Pour the can of black beans with liquid into a food processor or blender, and blend until well mixed and no chunks of beans remain.
4. Add brownie mix to the blender, and blend until well combined. Pour mixture into prepared baking dish and bake according to the directions on the box.
5. Store leftovers in a sealed container in the refrigerator.

Nutrition Information per Serving: (1 Brownie) Calories 125, Total Fat 4g, Saturated Fat .6g, Protein 2g, Total Carbohydrate 22g, Dietary Fiber 1g, Sodium 89mg.