# AVOCADO BLACK BEAN BROWNIES

**SERVING SIZE** 1 each

**YIELD** 12 servings

**METHOD** Bake

| | |
|---|---|
| 15 oz can | Black beans, canned, rinsed and drained |
| 3 ea | Eggs, large |
| 3 Tbsp + 2 tsp | Avocado, mashed |
| 1 Tbsp | Canola or avocado oil |
| ½ cup + 1 Tbsp | Cocoa powder |
| ½ tsp | Baking powder |
| ¼ tsp | Baking soda |
| ¼ tsp | Salt |
| 1 tsp | Vanilla extract |
| ⅓ cup | Pure maple syrup or agave |
| ¼ cup | Dark chocolate or semi-sweet chocolate chips |

1. Preheat oven to 350°F and grease an 8x8 baking pan.
2. Combine all ingredients except for chocolate chips in a food processor and blend until a smooth batter forms. Process until thick and creamy.
3. Remove batter from food processor and fold in half of the chocolate chips. Sprinkle the other half evenly across the top.
4. Pour batter into pan and bake for 35 minutes – the top of the brownies will crack and pull away from the edge. Begin to check doneness at 20–25 minutes.
5. Once baked, cool pan completely and cut brownies into 12 equal portions. Enjoy!

PER SERVING: 130 calories | 4.5 GM total fat
1.5 GM saturated fat | 0 GM trans fat
55 MG cholesterol | 130 MG sodium | 17 GM carbohydrates
3 GM fiber | 8 GM total sugars | 5 GM protein

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ELIOR NORTH AMERICA



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