

Beanie Brownies

Recipe Type: Dessert

Prep Time: 5 minutes

C = cup T = tablespoon

Serves: 16

Cooking Time: 15-20 minutes

t = teaspoon oz = ounce

What you need:

- 15.5 oz can black beans
- 19.5 oz box chocolate brownie mix
- Cooking oil spray
- ¼ C water

What to do:

1. Preheat the oven to 350°F.
2. Wash your hands.
3. Rinse the beans in a colander with running water.
4. Put the water and the beans in a blender. Blend into a smooth paste.
5. Add the beans to the brownie mix and stir well.
6. Spray a 9 X 9 inch baking pan with the cooking spray.
7. Pour out the brownie mix into the pan and bake them for 15 to 20 minutes.
8. Remove the brownies from the oven to cool.
9. Cut into 16 pieces and enjoy!

Note: To see if the brownies are done, poke them with a toothpick. If the toothpick comes out clean, the brownies are done.



This is a picture of 1 serving.

Nutrition Facts	
16 servings per container	
Serving size	1 brownie
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 85mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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