

Black Bean Brownies

(These are delicious we promise!)

Serves 20



What you need:

1 box brownie mix

1 14-15 ounce can black beans

All you do:

1. Drain and rinse beans, then place them back in their original can. Fill the can to the top with water, and put both beans and water into a blender or food processor. Puree the beans. There should be no graininess, or too-visible brown specks.
2. Combine bean mixture with brownie mix and follow the remaining cooking directions as listed on the package.

Nutrition per Serving: Calories 136, Fat 2 g, Fiber 1 g

<http://cheaphealthygood.blogspot.com/2008/09/bride-of-frankenfood-black-bean.html>