

Slow Carb Lean Brownies!

Prep Time: 10 minutes
Cook Time: 30 minutes
Total Time: 40 minutes

Yield: Approx. 5-7 Slow Carb Brownies
Calories per serving: About 150 per medium square brownie (if cut into 5
Fat per serving: 5.5 Per Medium Square

These brownies are rich, decadent, and taste like the REAL THING. If you divide the final result into 5 servings, each brownie will yield only about 150 calories!!!

And by the way, all of those 150 calories are from VERY healthy, natural, gluten free, wheat free, low glycemic ingredients!

Ingredients

- 1 Can of Black Beans (Drained & Rinsed)
- 1/4 cup Truvia Sweetener
- 3 eggs
- 1 tsp. Vanilla Extract (check that NO corn syrup is listed in ingredients)
- 1/4 Cup Unsweetened Cocoa Powder
- Pinch of Salt
- 2 Tbsp Coconut or Olive Oil (coconut is preferable)
- 1 tsp. Instant Coffee *Optional
- 1 Tbsp Coconut Nectar *Optional
- 1 Tbsp Raw Cocoa Nibs *Optional

Instructions

1. Preheat Oven at 350
2. Blend all ingredients together in a blender
3. Pour batter into a small, square brownie pan
4. Cook for 30 minutes or until the edges of the batter start to pull away from the pan.

<http://leansecrets.com/?p=291>