

# Black Bean Brownies

## Ingredients:

- 1 can (15 to 16 oz.) black beans, drained and rinsed
- 3 eggs
- 3 Tbsp. vegetable oil
- ¼ c. cocoa powder
- 1 pinch salt
- 1 tsp. vanilla extract
- ¾ c. white sugar
- 1 tsp. instant coffee (optional)
- ½ c. semi-sweet chocolate chips



Featured in: FN 1485  
"Now Serving: Beans!"  
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## Directions:

- Preheat oven to 350 F. Lightly grease an 8- by 8-inch baking dish. Combine all ingredients except chocolate chips in a blender; blend until smooth; pour mixture into prepared baking dish. Sprinkle with chocolate chips. Bake in preheated oven until top is dry and sides start to pull away from the baking dish; about 30 minutes.

*Makes 16 servings. Per serving: 140 calories, 6 grams (g) fat, 3 g protein, 20 g carbohydrate, 2 g fiber and 105 mg sodium.*

**NDSU** EXTENSION  
SERVICE