

Goode Foods™ Black Bean Brownies

Ingredients:

14 oz. can Goode Foods™ Black Beans (drained & rinsed)
2 eggs, large
1/2 cup applesauce, unsweetened
15 small dates, pitted (1/2 cup packed)
1 tsp pure vanilla extract
1/2 cup cocoa powder
1/4 tsp salt
1/2 tsp baking soda
1/2 cup + 1/4 cup chocolate chips
Cooking spray, Butter or Oil

Directions:

- Preheat oven to 350 degrees F
 - Line 8 x 8 square baking dish with parchment paper and spray with cooking spray
 - Add all ingredients, except chocolate chips, to a powerful blender or processor and process until smooth
 - Add 1/2 cup chocolate chips and stir to mix
 - Pour batter into baking dish, top with 1/4 cup chocolate chips and bake for 30 minutes
 - Remove from the oven and let brownies cool for 5 minutes
 - Transfer to a cooling rack and let cool completely before slicing
 - Cut into 16 squares
- *Storage Instructions: Refrigerate in an airtight container for up to 5 days or freeze for up to 3 months.



Nutritional Information: (16 Servings)

- 493 Calories from Fat
- 3 g Total Fat
- 26 mg Cholesterol
- 214 mg Sodium
- 120 g Total Carbohydrate
- 13 g Dietary Fiber
- 95 g Sugar
- 7 g Protein