

Cut along this line



Black Bean Brownies

Try these delicious and healthy brownies as an alternative to traditional sugary treats during celebrations. Not only are these brownies lower in sugar than other treats, they also provide protein and fiber!



INGREDIENTS:

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|---|-----------------------------------|
| 1 can (15 to 16 oz) black beans, drained and rinsed | 1 pinch salt |
| 3 eggs | 1 tsp. vanilla extract |
| 3 Tbsp. vegetable oil | 3/4 c. white sugar |
| 1/4 c. cocoa powder | 1/2 c. semi-sweet chocolate chips |

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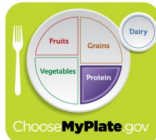
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Black Bean Brownies

DIRECTIONS:

1. Preheat oven to 350 F. Lightly grease an 8- by 8-inch baking dish.
2. Combine all ingredients except chocolate chips in blender; blend until smooth; pour mixture into prepared baking dish. Sprinkle with chocolate chips.
3. Bake in preheated oven until top is dry and sides start to pull away from baking dish; about 30 minutes.
Makes 16 brownies.

This recipe provides lean **protein**.



Quick Tip

Beans are an inexpensive protein source and meat alternative. To reduce your food cost, try replacing meat with beans in at least one main dish per week.

Source: "Now Serving: Beans"
Available at: www.ag.ndsu.edu/publications/food-nutrition
North Dakota State University Extension Service, www.ndsu.edu/eatsmart

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