

## Healthy recipes

# Black Bean Brownies

Yield and nutritional information will vary depending on box brand used.

### Ingredients

Brownie mix	1 box
Black beans	1 16-oz can

### Directions

Spray the brownie pan with non-stick cooking spray.

Follow box instructions to mix brownies. Then puree the black beans and stir into brownie batter. Spread the mixture into the pan.

Follow box instructions for baking.

### Tips

- Black beans are loaded with nutrients such as protein, iron, potassium, folate and antioxidants.
- Black beans contain soluble fiber, which can help to lower cholesterol.
- Look for a brownie mix with no trans fats and with 1 gram or less of saturated fat.
  - Check the ingredient list to be sure it does not have hydrogenated or partially hydrogenated fat, which indicates it has trans fat.