



Black Bean Brownies

24 servings

Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease. Everyone has their own calorie limit. Staying within that limit can help you lose weight or maintain a healthy weight. The secret is learning how to balance your "energy in" (the calories you eat/drink) and "energy out" (the calories you burn for basic body functions and physical activity).



- 1 (15 ounce) can "no salt added" black beans
- 1 (18.4 ounce) box brownie mix
 - 1. Wash hands with soap and water.
 - 2. Preheat oven to temperature according to directions on the box. Spray a baking pan with non-stick cooking spray. Set aside.
 - 3. Pour the can of black beans with liquid into a food processor or blender, and blend until well mixed and no chunks of beans remain.
 - 4. Add brownie mix to the blender, and blend until well combined. Pour mixture into prepared baking dish and bake according to the directions on the box.
 - 5. Store leftovers in a sealed container in the refrigerator.

Nutrition Information per Serving: (1 Brownie) Calories 125, Total Fat 4g, Saturated Fat .6g, Protein 2g, Total Carbohydrate 22g, Dietary Fiber 1g, Sodium 89mg.

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