

**Suitland Dine & Learn**  
**July 2018: Smart Foods & Safe Moves**  
**Black Bean Brownies**

Courtesy of Jessica Yamamoto, MS, acquired from *Cooking Matters*

**Ingredients**

Non-stick cooking spray	1 teaspoon vanilla extract
1 15-ounce can of black beans or 1 ¾ cups cooked, cooled black beans	½ cup packed brown sugar
3 large eggs	1/3 cup cocoa powder
3 tablespoons canola oil	

**Cost per serving: \$0.25**

**Directions**

1. Preheat oven to 350°F. Coat a 9-inch baking pan with non-stick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.

<b>Nutrition Information</b>	<i>Amount Per Serving</i>	
Number of Servings: 16	<b>Total Fat:</b> 4 g	<b>Total Carbs:</b> 12 g
Serving Size: 1 brownie	<b>Cholesterol:</b> 35 mg	<b>Dietary Fiber:</b> 2 g
<b>Calories:</b> 90	<b>Sodium:</b> 15 mg	<b>Protein:</b> 3 g



**HEALTH TIPS**

While it may seem counter intuitive, eat **before** working out because a little punch of food-power can help you work out longer and harder.