

VYP

Vary Your Protein Recipe Series

Recipe Category: Healthy Sweet Food

Easy Double-Chocolate Fudge Brownies

Yield: 12 servings, about 2 x 2 1/2 inches

2/3 cup cooked black beans, cooked without salt,
drained and rinsed

1/4 cup cooking oil

1 cup granulated white sugar

2 eggs or 1/2 cup pasteurized egg substitute

1/4 cup water

1/3 cup unsweetened cocoa powder

1/2 cup all-purpose white flour

1/4 teaspoon baking powder

1/4 cup mini chocolate chips

1. Wash your hands and work area.
2. Preheat oven to 350 degrees F. Spray an 8 x 8 inch baking pan with non-stick cooking spray.
3. On a plate, mash beans with a fork until completely smooth.
4. In a mixing bowl, stir together beans, oil, sugar, eggs and water until well blended.
5. In a separate mixing bowl, stir together cocoa, flour and baking powder until well blended.
6. Stir wet mixture into dry mixture.
7. Pour the batter into pan.
8. Bake for 25 to 30 minutes, or until brownies are firm in the middle and the sides begin to pull away from the pan.
9. Sprinkle chocolate chips over the top of the brownies immediately after removing them from the oven. When the chips have softened, spread the chocolate with a knife evenly over the top.
10. When cool, cut brownies into 12 bars.
11. If desired, freeze leftovers in a moisture-proof freezer container.



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Research and Extension

Meal suggestion:

*Serve as a snack or
dessert with a banana
and low-fat milk.*

*This rich dessert has a
hidden ingredient –
mashed black beans –
that helps keep them
moist.*

Nutrition Facts

Serving Size about 2 x 2 1/2 inches

(57g)

Servings Per Container 12

Amount Per Serving

Calories 180 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 25mg **1%**

Total Carbohydrate 28g **9%**

Dietary Fiber 1g **4%**

Sugars 17g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," August 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.