



High Fiber – Gluten Free Brownies

Yield: 12 servings

Cost Per Serving: N/A

Cook Time: 20 minutes

Ingredients:

- Nonstick cooking spray
- ¼ cup canola oil
- 1 egg
- 2 egg whites
- ½ cup cocoa powder
- ¼ cup sugar + 1Tbsp (or low-calorie sugar blend*)
- 1 tsp vanilla extract
- ¼ cup mini chocolate chips
- ¾ cup canned black beans (drained & rinsed)
- 2 tsp water
- 1/3 cup biscuit baking mix (gluten-free)
- 1 tsp instant coffee (optional)

*Check sugar ratio

Directions:

1. Preheat oven to 350°F. Spray a 9x9-inch square baking pan with cooking spray.
2. In a blender, puree the beans with the oil and water. Add the eggs, cocoa, sugar, coffee(optional), and vanilla and blend well.
3. Add the baking mix to blender and pulse until just incorporated.
4. Stir in mini chocolate chips.
5. Pour into the prepared pan.
6. Bake for 8-10 minutes.
7. Let cool at least 15 minutes before cutting and removing from the pan.