



Secret-Ingredient Fudge Brownies



1/9th of pan (1 brownie): 107 calories, 2g total fat (1g sat fat), 190mg sodium, 23g carbs, 5.5g fiber, 4g sugars, 5.5g protein

Freestyle™ [SmartPoints®](#) value 2*

Prep: 10 minutes **Cook:** 30 minutes

Cool: 1 hour



Ingredients

One 15-oz. can cannellini (white kidney) beans, drained and rinsed
2/3 cup unsweetened cocoa powder
1/3 cup unsweetened applesauce
1/4 cup canned pure pumpkin
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 cup whole-wheat flour
1/4 cup Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)
1 tsp. vanilla extract
3/4 tsp. baking powder
1/4 tsp. salt
3 tbsp. mini semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Place all ingredients *except* chocolate chips in a food processor. Puree until completely smooth and uniform.

Fold in 1 tbsp. chocolate chips. Spread mixture into the baking pan, and smooth out the top.

Evenly top with remaining 2 tbsp. chocolate chips, and lightly press into the batter.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour.

MAKES 9 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.