



Brownie S'mores Bake



1/9th of recipe: 153 calories, 4g total fat (2g sat. fat), 261mg sodium, 31.5g carbs, 5g fiber, 9.5g sugars, 5.5g protein

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Prep: 15 minutes **Cook:** 35 minutes

Cool: 1 hour



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Ingredients

3 sheets (12 crackers) honey graham crackers
One 15-oz. can black beans, drained and rinsed
1/2 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
1/4 cup plus 2 tbsp. mini (or chopped) semi-sweet chocolate chips
1/2 cup mini marshmallows

Directions

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

Break graham cracker sheets into single crackers, and evenly place in the bottom of the baking pan.

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

Fold in 2 tbsp. chocolate chips.

Spread mixture into the baking pan, and smooth out the top.

Evenly top with remaining 1/4 cup chocolate chips. Lightly press into the batter. Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Remove baking pan, and set oven to broil.

Evenly top brownies with marshmallows.

Broil until marshmallows have melted and lightly browned, about 1 minute.

Let cool completely, about 1 hour.

MAKES 9 SERVINGS

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