



Clean & Hungry Brownies



1/9th of pan: 98 calories, 2.5g total fat (1.5g sat. fat), 225mg sodium, 22g carbs, 4.5g fiber, 4g sugars, 4.5g protein

Prep: 15 minutes **Cook:** 30 minutes

Cool: 1 hour

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Ingredients

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
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 (or chopped) 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

Sweetener Alternative: If using Stevia In The Raw bakers bag (or another no-calorie sweetener that's approximately as sweet as sugar), use 1/2 cup in this recipe.

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