



## 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

**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

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