



Black Bean Banana Brownies

Ingredients

- 1 can black beans, rinsed and drained
- ½ cup egg whites (or 3 large eggs)
- 3 Tbsp canola oil
- ½ cup unsweetened cocoa powder
- Pinch of salt
- ½ tsp baking powder
- 1 tsp vanilla extract
- ½ cup ripe banana, mashed
- ¼ cup dark or semi-sweet chocolate chips for batter
- ¼ cup dark or semi-sweet chocolate chips for topping

Equipment:

- Pastry brush
- 8x8 inch baking pan
- Can opener
- Colander
- Mixing bowl
- Fork
- Mixing spoons -2
- Measuring cups (dry)
- Measuring cup (liquid)
- Measuring spoons
- Toothpicks

Directions

1. Preheat oven to 350 F and lightly brush or spray an 8x8 inch baking pan with oil.
2. Mash black beans and banana with fork.
3. Mix in the egg whites, canola oil, cocoa powder, salt, baking powder, and vanilla extract until smooth and then add ¼ cup chocolate chips.
4. Transfer the batter to the pan and sprinkle the top with ¼ cup chocolate chips.
5. Bake for 30 min or until toothpick comes out clean.