



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Avocado Black Bean Brownies

This recipe makes rich, fudgy brownies. Try adding in nuts or nut butters.

Ingredients:

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| 1 15-oz can | Black Beans, drained and rinsed |
| 1 large | Egg |
| 2 each | Egg Whites |
| 1/2 each | Hass Avocado, ripe |
| 1 tsp | Olive Oil |
| 2/3 cup | Cocoa Powder |
| 1/4 tsp | Baking Powder |
| 1/4 tsp | Baking Soda |
| 1/4 tsp | Salt |
| 2 tsp | Vanilla Extract |
| 1/2 cup | Dark Brown Sugar |
| 1/3 cup + 2 Tbsp | Chocolate Chips |

Preparation:

1. Gather all equipment and ingredients.
2. Preheat oven to 350 degrees F. Grease an 8x8 inch baking pan.
3. Place all ingredients besides chocolate chips into blender or food processor. Process or puree until ingredients form a smooth batter. If the batter is too thick and won't process then add in a teaspoon or two of water. This batter needs to be very thick in order to produce fudgy brownies.
4. Remove batter from food processor and place in a medium mixing bowl. Fold in 1/3 cup chocolate chips.
5. Pour batter into prepared pan, sprinkle with 2 tablespoons of remaining chocolate chips. Bake for 25-35 minutes or until knife inserted in center comes out somewhat clean and top of the brownies begin to crack.
6. Cool pan completely on wire rack then cut into 12 squares.

Nutrition Facts

Serving size	1 brownie
Servings	12

Calories	145
Calories from Fat	45
Total Fat	5 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	22 mg
Sodium	121 mg
Total Carbohydrates	24 g
Dietary Fiber	5 g
Sugars	14 g
Protein	5 g
Vitamin A	2 %
Calcium	2 %
Vitamin C	1 %
Iron	8 %
