

## Black Bean Brownies

Black beans are rich in fiber, calcium, magnesium and phosphorus. The earthy flavor pairs perfectly in a chocolate dessert, such as brownies, and adding them to a dessert helps to cut down on the amount of butter that would typically be used. Try adding walnuts to the mixture for an additional boost of nutrients!

### Ingredients

Original recipe from: [marthastewart.com](http://marthastewart.com)

(Yield: 16 servings)

- ¼ cup (1/2 stick) unsalted butter, plus more for baking pan
- ¼ cup black beans, rinsed, drained and pureed until smooth
- 3 ounces semisweet chocolate, chopped (1/2 cup)
- 2 ounces unsweetened chocolate, chopped (1/3 cup)
- 1 1/3 cups sugar
- 2 large eggs, plus 1 large egg white
- 1 ½ teaspoons vanilla extract
- 1 cup all purpose flour
- ¼ cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon salt

### Directions

1. Preheat oven to 350 degrees. Lightly butter a 9-inch square baking pan. In a large microwave safe bowl, combine butter, bean puree, and chocolate. Microwave in 30 second increments, stirring each time, until melted, about 2 minutes. Whisk in sugar, eggs, egg white and vanilla until smooth.
2. In a small bowl, whisk together flour, cocoa powder, baking powder and salt. Stir into chocolate mixture until just combined. Pour batter into pan; smooth top.
3. Bake for 25 minutes until top is cracked and a toothpick inserted into the center comes out clean. Let cool completely in pan on a wire rack.
4. Remove from pan and cut into 16 pieces.