



COMMUNITY COOKING HEART-HEALTHY RECIPE

Black Bean Brownies

Approximate cost of the recipe: \$3.94 or \$0.33 per serving (serves 12)

Ingredients:

$\frac{3}{4}$ cup Cocoa Powder, unsweetened
 $\frac{1}{2}$ cup Applesauce
1 tsp Vanilla Extra
2 tbsp. Oil
1 (15oz) Can Black Beans
 $\frac{1}{2}$ cup Sugar
1 $\frac{1}{2}$ tsp. Baking Powder
 $\frac{1}{4}$ tsp. Salt

Preparation:

1. Preheat the oven to 350°F.
2. Wipe off the top of the black bean can. Drain and rinse the beans and puree by hand with a potato masher or in a blender.
3. In a separate bowl, mix the applesauce, oil and vanilla. Next, add the cocoa powder, salt, sugar and the baking powder. Mix until combined.
4. Lastly, add the pureed beans to the batter and mix well.
5. Grease a 9x13 baking pan with non-stick cooking spray and add batter to the pan.
6. Bake for 20-25 minutes, remove from the oven and let rest for about 5 minutes.
Remove the brownies from the pan and enjoy!

For more information on the Food Bank and our Community Cooking nutrition education program, please visit www.rifoodbank.org.