

Unconventional Brownies

A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 1 (14-ounce) can low-sodium black beans, rinsed and drained
- 2 large eggs
- 1/2 cup cocoa powder
- 3/4 cup sugar
- 1/2 teaspoon vegetable oil
- 1 tablespoon milk
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon freshly ground coffee or instant coffee
- 1 cup semisweet chocolate chips, divided



Directions

1. Preheat oven to 350°F. Line a 9 X 9-inch baking pan with parchment paper and spray with cooking spray.
2. Place beans, eggs, cocoa, sugar, oil, milk, balsamic vinegar, baking powder, baking soda, and coffee in a blender. Blend until smooth. Stir in 1/2 of the chocolate chips.
3. Transfer batter to the prepared baking pan. Sprinkle evenly with the remaining chocolate chips.
4. Bake 30 minutes. Allow to cool before cutting and serving.

Makes 16 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.