

# EAT WELL, AGE WELL. NUTRIENT DENSE FOODS

## Black Bean Brownies

• RECIPE BY [Skinnytaste.com](http://Skinnytaste.com)

### Ingredients:

- 15 oz. can black beans
- 19.5 oz. box chocolate brownie mix

### Directions:

- Open can of beans, drain and rinse well.
- Put beans back in the can and fill can with water.
- Put beans and water in blender until smooth.
- Mix pureed beans with brownie package mix. DO NOT add eggs or oil.
- Spray baking dish with *Pam*<sup>®</sup>.
- Cook brownies according to package directions. Cool and serve.

**Servings:** 20 servings • **Serving Size:** 1 brownie • **Calories:** 138.1 • **Fat:** 2.6 g • **Protein:** 2.9 g • **Carb:** 28 g • **Fiber:** 1.8 g

<http://www.yummly.com/recipe/external/Black-bean-brownies-352418>

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## Gluten Free Black Bean-Zucchini Brownies

### Ingredients:

- 15 oz. can black beans
- 16 oz. box gluten free chocolate brownie mix
- ½ can of water
- ½ cup grated zucchini

### Directions:

- Open can of beans, drain and rinse well.
- Use the can to measure ½ can of water.
- Put beans and water in blender until smooth.
- Mix pureed beans and grated zucchini with brownie package mix. DO NOT add eggs or oil.
- Spray 8 x 8 baking dish with non-stick cooking spray.
- Cook brownies at 350 degrees for 25-30 minutes or until done. Cool and serve.