

Eating Clean Recipes

Black Bean Brownies

Dave Aguilera shows you how to make delicious, low-fat, low-carb brownies. Who doesn't love brownies!?! Learn how to make these low-fat, low-calorie brownies that taste AWESOME!

Servings: 12

Nutritional Information Per Serving (1 brownie):

Eating Clean – Black Bean Brownies
Calories: 115 g
Fat: 5.94 g
Sodium: 178.4 mg
Carb: 16.6g
Sugar: 10.2g
Protein: 5.4g

VS

Classic Chocolate Brownies
Calories: 230 g
Fat: 8 g
Sodium: 200mg
Carb: 37g
Sugar: 24g
Protein: 2g

Ingredients:

- 1 15 oz. can of black beans – drain and rinsed
- 2 eggs
- 5 tbsp. agave syrup
- 4 tbsp. peanut butter
- 4 tbsp. vanilla almond milk
- 1 tsp. vanilla extract
- 4 tbsp. cocoa powder
- 1 tsp. baking powder
- 2 oz. walnut pieces
- 2 oz. semi dark chocolate chips

Directions:

Put the first 8 ingredients in the food processor and mix for 2 minutes.

Preheat oven to 350 degrees.

Line a smaller baking pan – 8x5 – with parchment paper.

Pour brownie mix into pan and spread evenly. Sprinkle walnut pieces and semi-dark chocolate chips on top.

Place in oven and bake for 20-25 minutes.

Remove and let cool.

Want to know what classic chocolate brownies are made out of?

½ cup semi-sweet chocolate baking chips

4 ounces semi-sweet chocolate baking bar

1 stick unsalted butter

1 cup dark brown sugar

1 cup all-purpose flour