

# BROWNIES

25 MINUTES | 4 servings

Full of fiber

## Ingredients

1/2 cup semisweet chocolate chips	1/4 cup canned pumpkin
1 tbs butter	1 1/2 tsp vanilla extract
1 cup frozen/thawed spinach	1/4 cup brown sugar
1/4 cup water	1/4 cup cocoa powder
1/2 can rinsed black beans	1/2 tsp salt
2 eggs	3/8 cup all-purpose flour
1 1/2 tbs vegetable oil	1/4 tsp baking powder
1/2 cup sugar	

## Preparation

1. Preheat the oven to 350 degrees. Coat an 8x8 in baking tray with cooking spray.
2. Melt 1/4 cup of the chocolate in a microwave. Stir in butter until smooth.
3. Puree 1 cup of spinach, Add water a little bit at a time until the spinach is smooth (3-5 minutes). Measure out 1/2 cup of spinach puree and save the rest for other use.
4. Combine the 1/2 cup spinach puree, black beans, eggs, oil, sugar, pumpkin puree, vanilla, brown sugar, cocoa powder and salt in a food processor.
5. Process until smooth (5 minutes).
6. In a large bowl, mix the processed ingredients into the melted chocolate until combined. Stir in flour and baking powder. Pour into pan and add remaining chocolate chips.
7. Bake for 20 minutes, cool and serve.

## Nutrition information per serving

Calories **60 kcal**  
Carbs **9g**  
Protein **1g**  
Total Fat **2g**

Saturated Fat **1g**  
Sodium **50mg**  
Fiber **1g**

Total Sugar **6g**  
Cholesterol **15mg**



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