



BODYBUILDING.COM™

Black Bean Brownies

Ingredients:

Black beans, rinsed and drained, 1 can
Melted coconut oil, 1/3 cup
Unsweetened cocoa powder, 1/4 cup
Vanilla extract, 2 tsp
Raw Stevia, 1/2 cup
Eggs, lightly beaten, 3
FitMiss Chocolate Delight protein powder, 1 scoop
Bittersweet chocolate, chopped up, 1/4 cup (optional)

Directions:

1. Preheat oven to 350 F. Grease pan.
2. Place all ingredients into a blender or food processor and blend until smooth. If adding chopped bittersweet chocolate, fold in at the end. Do not blend.
3. Pour into a pan, and bake for about 20-25 minutes. Note: If you like fudgy brownies, let these cool. The texture actually changes as they cool off, and they become gooier.