

Fudge brownies



Try these fudge brownies as a low-fat dessert. Black beans and prunes add flavor and keep them from being dry.

YIELDS 24 BROWNIES

INGREDIENTS

- 1 15-ounce can black beans, drained and rinsed
- 1 can prune sauce (or prune filling or plum-based oil substitute)
- 6 large egg whites
- 1 tablespoon stick margarine
- $\frac{3}{4}$ cup bitter cocoa powder
- 3 teaspoons canola oil
- 1 cup and $\frac{1}{2}$ sugar
- $\frac{1}{4}$ cup flour
- 1 teaspoon pure vanilla extract
- $\frac{1}{4}$ cup chopped nuts
- Cooking oil spray

INSTRUCTIONS:

1. Heat the oven to 350 degrees Fahrenheit. Lightly grease a 9 x 13-inch rectangular baking dish with cooking spray.
2. In the processor or blender, mix the drained beans, prune sauce, and egg whites until it is very soft. Transfer to a large bowl and set aside.
3. In a small melting pan or in a microwave-safe bowl, place the margarine and melt on the stove or in the microwave. Mix the cocoa and the oil.
4. Add the sugar, flour and vanilla extract to the bean mixture. Blend in the cocoa mixture.
5. Pour all into the prepared baking dish and put the chopped nuts on top.
6. Bake for 35 to 40 minutes. Once cooked, removed from the oven and allow to cool completely in the baking dish before cutting into 24 squares.

NUTRITION INFORMATION PER PORTION

Calories 123

Fat (g) 2.12

Carbohydrates (g) 24.23

Protein (g) 2.73

Cholesterol (mg) 0.02

Sodium (mg) 100