

BAVARIAN INN'S COCONUT BEAN BAR

Crust:

½ c canned Navy beans, rinsed and drained
½ c brown sugar

1/3 c soft butter
¾ c all-purpose flour

In a medium-size mixing bowl, blend beans, Butter, brown sugar and flour.
Press mixture into an 8x8x2" inch pan. Bake at 350° for 20 minutes. Remove from oven.

Filling:

1 t vanilla
½ c canned Navy beans, rinsed and drained
¼ c mini chocolate chips (optional)
½ c firmly chopped nuts (walnuts optional)

1 c coconut
2 eggs
2/3 c sugar

Mix all ingredients in a medium-size bowl until well blended. Place mixture on top of crust.
Bake an additional 20 minutes at 350°. Cool. Cut into squares.

Makes 16 2-inch squares.

Calories: 187, Carbohydrate: 21 grams, Protein: 3 grams, Fat: 10 grams.