

BLACK BEAN BROWNIES

1 box any commercially prepared brownie mix for 9 x 13" pan
1 15 oz can black beans (unseasoned)

Drain and rinse beans, then place them back in the original can. Fill the can up to the top with water and put both beans and water into food processor or blender and puree.

Mix thoroughly with the brownie mix. (No eggs, oil or other ingredients needed.)

Place in oiled baking pan. (Spray olive oil works great.) Bake according to package directions.
Cool and serve. Frosting is optional.

Makes 20-25 1 1/2 inch bars.

Approximately 100 calories per brownie, which are also low-fat and high fiber.