

# Brownie Delight

For those of you with a sense of humor, bake these delicious brownies and see if your family can guess the secret ingredient. Beans contain soluble fiber – a valuable tool in your pantry to banish bad cholesterol.

## All you need:

1 (15.5oz) can black beans, undrained (preferably no salt added)

1 box brownie mix

Powdered sugar, icing or ice cream (optional)

## All you do:

1. Open can of beans, drain and rinse. Return to can and fill to top with water.
2. Place can's contents, (now beans and water) in blender. Blend.
3. Mix thoroughly with brownie mix. (No eggs, oil or other ingredients needed)
4. Place in greased 9x13 inch baking pan.
5. Bake according to package directions.
6. Cool and serve. (Serves 20)

Note: Brownies may be slightly less sweet w/o oil so dust with powdered sugar, drizzle with a little icing or top with low fat ice cream.

## Nutrition facts per serving:

Calories – 130, carbohydrate-26g, cholesterol-0mg, dietary fiber-2g, fat-2.5g, protein-2g, saturated fat-1g, sodium-160mg, sugar-15g, trans fat 0g

Recipe brought to you by your Johnston Hy-Vee Dietitian:

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