

# Cleo Coyle's Easy Black Bean Brownies

Text & photos © by Alice Alfonsi, who writes the Coffeehouse Mysteries as Cleo Coyle with her husband, Marc Cerasini

*Black beans are highly nutritious, packed with protein and fiber. This easy version of my recipe produces fudgy, delicious treats. I'll be posting a from-scratch version soon. Subscribe to my free newsletter so you don't miss it. Sign up a [www.CoffeehouseMystery.com](http://www.CoffeehouseMystery.com) and... Eat with joy! ~ Cleo*



- 1 cup of canned black beans, low- or no-sodium
- 1/3 cup water
- 1 box of chocolate brownie mix (regular or low fat, approx. 19+ ounce size)
- 2 large eggs, lightly beaten with fork
- 2 tablespoons canola oil

**Step 1** - Prep a 13 x 9-inch baking pan by lining the bottom with parchment paper and lightly coating the sides of the pan and the parchment paper with non-stick cooking spray.

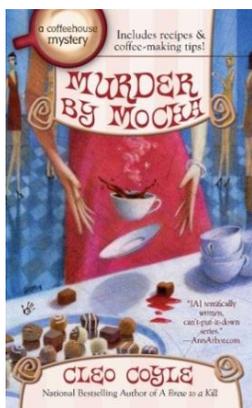
**Step 2** - Drain the canned black beans, wash them well, and drain them again. Measure out 1 cup of the beans and place into a food processor or blender with 1/3 cup water and run until the beans are puréed and completely smooth. Pour the bean purée into a mixing bowl. Sift in the brownie mix (to prevent clumping). Add the eggs and canola oil. Mix well but do not over-mix. Most brownie mix recipes suggest 50 strokes with a large spoon, and that's fine. Just be sure that all of the dry mix is blended into a smooth batter. (I use a fork to mash any small stubborn clumps.) Pour into prepared pan.

**Step 3** - Bake in a preheated oven at 350° F. for 25 to 30 minutes. Remove pan from oven, allow brownies to cool before cutting and...

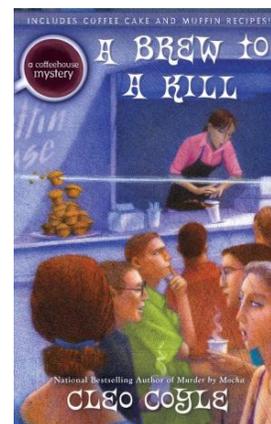


*Eat with joy! ~ Cleo Coyle*

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