

# HIGH-FIBER, GLUTEN-FREE BROWNIES

**YIELDS:**  
12 servings

**PREP TIME:**  
15 minutes

**COOK TIME:**  
1 hour

**SERVING SIZE:**  
1 brownie

## INGREDIENTS

- Nonstick cooking spray
- $\frac{3}{4}$  cup canned black beans, rinsed and drained
- $\frac{1}{4}$  cup olive oil
- 2 tablespoons water
- 1 egg
- 2 egg whites
- $\frac{1}{4}$  cup cocoa powder
- $\frac{1}{4}$  cup plus 1 tablespoon Splenda
- 1 teaspoon instant coffee
- 1 teaspoon vanilla extract
- $\frac{1}{3}$  cup gluten-free all-purpose baking mix, such as King Arthur's
- $\frac{1}{4}$  cup gluten-free mini chocolate chips

## DIRECTIONS

1. Preheat oven to 350°. Spray a 9x9" square baking pan with cooking spray.
2. In a blender, puree the black beans with the oil and water. Add the eggs, cocoa powder, Splenda, coffee, and vanilla and blend well.
3. Add the gluten-free all-purpose baking mix to the blender and pulse until just incorporated. Stir in mini chocolate chips. Pour into the prepared pan.
4. Bake for 18-20 minutes.
5. Let cool at least 15 minutes before cutting and removing from pan. Cut into 12 equal-sized brownies.