



Hidden Veggie Brownies

Ingredients

- 1 can black beans, rinsed and drained
- 1 cup zucchini, grated
- 3 eggs
- ½ cup sweetener of choice
- 2 TBSP coconut oil
- ½ cup unsweetened cocoa powder
- ½ tsp baking powder
- 1 tsp vanilla

Directions:

1. Preheat oven to 350 F
2. Add all ingredients EXCEPT zucchini to a food processor or blender and blend until smooth
3. Fold in grated zucchini; Pour batter into a brownie pan lined with parchment paper
4. Bake for 30-35 min or until a toothpick comes out clean
5. Allow to cool before cutting and serving; Enjoy!

Cookware needed:

- Brownie pan
- Food processor or blender
- Grater

Cost: \$ \$

Ease: 

Health Benefit: Black beans are a great source of plant-based protein to promote balanced blood sugar and fiber to support gut health. Zucchini is low in calories and adds bulk to make meals more filling.