

High-Fiber, Gluten-Free Brownies

Serving Size: 1 Brownie | Makes 12 Servings

Ingredients:

- Nonstick cooking spray
- ¼ cup canola oil
- 1 egg
- 2 egg whites
- ½ cup cocoa powder
- ¼ cup Swerve® sugar substitute
- 1 Tbsp sugar
- 1 tsp vanilla extract
- ¼ cup mini chocolate chips
- ¾ cup canned black beans (drained and rinsed)
- 2 tsp water
- 1/3 cup biscuit and baking mix (gluten-free, such as Bob Red Mill's)
- 1 tsp instant coffee (optional)

Directions:

1. Preheat oven to 350°F. Spray a 9x9-inch square baking pan with cooking spray.
2. In a blender, puree the beans with the oil and water. Add the eggs, cocoa, Swerve and sugar, coffee(optional), and vanilla and blend well.
3. Add the baking mix to blender and pulse until just incorporated.
4. Stir in mini chocolate chips.
5. Pour into the prepared pan.
6. Bake for 8-10 minutes.
7. Let cool at least 15 minutes before cutting and removing from the pan.

Nutrition Facts:

- Calories: 105
- Total Fat: 6 g
- Saturated Fat: 1.5 g
- Cholesterol: 15 mg
- Sodium: 75 mg
- Total Carbohydrate: 10 g
- Dietary Fiber: 2 g
- Protein: 3 g