

Black Bean Brownies

Recipe makes 12 brownies

Ingredients

15 oz box Kodiak Brownie Mix,
(or preferred brand)

15 oz can No Salt Added Black
Beans, drained and rinsed

4 oz Chocolate Fairlife Shake,
(or liquid of choice)

1/4 C Water



Instructions

1. Drain and rinse your beans. Add to a blender along with about 1/4 cup of water. Blend until smooth.

2. In a large mixing bowl, add your box of brownie mix, blended black beans, and 4 ounces of Fairlife shake, or liquid of choice. Mix well.

3. Line a 9x9 baking pan with parchment paper, add your batter and cook according to instructions on box.

4. Cut into 12 servings and enjoy!

Nutrition Profile

- per brownie -

Calories - 179

Fat - 3g

Carbohydrates - 31g

Protein - 10g

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Notes

- If you have a hard time blending your beans, just add a little more liquid. If you're using a Fairlife shake for your brownie mix, you can also use that for the liquid in your beans. Just be sure to account for those calories.
- The chocolate chips in the video are optional and NOT included in the calories/macros. Any toppings you add will need to be accounted for.
- This will work with any brand of brownies. Be sure to follow the instructions for cook time according to your box. There are no eggs in this so undercooking for a more gooey center is fine!
- Refrigerate or freeze leftover brownies for freshness!