

Trust us, they're great!

"Grown-up" Brownies

Yields:

24 - 1 oz. Brownie Bites

Each: 2 units carbs/fat

Ingredients:

2 cups Black Beans, drained, rinsed
1 - 10 oz. pack Frozen Chopped Spinach, thawed and squeezed
1/4 cup Canola Oil
1/2 cup Unsweetened Applesauce
1/4 cup Water
1 cup Egg Beaters
1 1/2 cup Splenda, Truvia or Stevia
6 Tbsp. Unsweetened Cocoa Powder
3 Tbsp. Espresso Coffee Grounds
3 oz. squares Bitter Sweet Chocolate (Baking type)
3 oz. squares Semi-Sweet Chocolate (Baking type)
4 Tbsp. Unsalted Butter
4 tsp. Vanilla Extract
1 tsp. Salt
1 cup White Whole Wheat Flour
2/3 cup Mini Semi-Sweet Chocolate Chips
2/3 cup Walnuts or Peanuts, toasted, chopped

Directions:

Pre heat oven to 350°F. Prepare muffin tins with 24 paper muffin liners

Step 1: In a food processor, combine the first 8 ingredients, through espresso. Process using a sharp blade until smooth and spinach leaves are almost non-existent. Leave mixture in processor.

Step 2: Using a glass bowl, microwave the chocolate squares and butter for about 3 minutes on high heat, stopping every 30 seconds to stir. When it is smooth, it is ready. Remove and allow to cool for about 5 minutes. Add to food processor along with the vanilla and salt. Process until combined well. You may need to scrape down the processor bowl a couple of times.



Step 3: Remove batter to a large bowl. Add the flour and chocolate chips. Stir to moisten batter; do not over-stir.

Step 4: Using a 1 oz. scooper (approx. 2 Tbsp.), scoop out 24 brownies into the muffin tin. Using a teaspoon measurement, add nuts to tops of brownies. 1 tsp. chopped nuts per brownie. Kind of pat them in before baking.

Step 5: Bake in center of oven on middle rack for about 18 - 20 minutes, or until slightly firm to the touch. Remove to a wire rack and cool. Fully cool before storing in an airtight container in the refrigerator.

Partial Snack Portion:

2 unit portion:

1 brownie
(add 1 unit protein)

3 unit portion:

1 1/2 brownie
(add 2 units protein)

4 unit portion:

2 brownies
(add 4 units protein)

5 unit portion:

2 1/2 brownies
(add 5 units protein)

→Don't overeat your portion or you'll be rewarded with multiple bathroom

trips!



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