

# Black Bean Brownie



<b>Nutrition Facts</b>		
Per serving (2" x 2" square)		
<b>Amount Per Serving</b>		
<b>Calories 169</b>	Calories from Fat 54	
	% Daily Value	
<b>Fat 6 g</b>		<b>9 %</b>
Saturated Fat 1 g		7%
Trans Fat 0 g		
Polyunsaturated Fat 2 g		
Monounsaturated Fat 1 g		
<b>Cholesterol 49 g</b>		<b>16%</b>
<b>Sodium 127 mg</b>		<b>5%</b>
<b>Potassium 114 mg</b>		<b>3%</b>
<b>Total Carbohydrate 29 g</b>		<b>10%</b>
Dietary Fibre 4 g		17%
Sugars 20 g		
<b>Protein 4 g</b>		
Vitamin A 1%	Vitamin C	0%
Calcium 3%	Iron	8%
Thiamin 2%	Riboflavin	5%
Niacin 1%	Vitamin B6	1%
Folate 3%	Vitamin B12	3%
Phosphorous 7%	Zinc	4%



# Black Bean Brownie



## STEP INSTRUCTIONS

- ① Mix margarine, sugar, cocoa powder, black bean purée and eggs together until well blended.
- ② Sift remaining dry ingredients and stir into wet mixture.
- ③ Spread into full size shallow insert, which has been lightly sprayed with oil or lined with parchment paper.
- ④ Bake for 25-30 minutes at 350°F or until done.
- ⑤ Cut each insert into 10 x 6 pieces (2" x 2" squares).

### NOTES:

Substitution of whole eggs with shell for liquid eggs may occur. 1 whole egg weighs approximately 47 grams.

For puréed pulses: rinse and drain. Add approximately 1/4 cup water to every cooked cup of pulses. Purée until the texture of canned pumpkin is achieved.

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

### NUMBER OF SERVINGS

STEP	INGREDIENTS	50	120	240	480
1	Margarine, Non Hydrogenated	2 cups (375 g)	900 g	1.8 kg	3.6 kg
	Granulated Sugar	10 cups (1 kg)	2.4 kg	4.8 kg	9.6 kg
	Cocoa Powder	3 cups (312 g)	750 g	1.5 kg	3 kg
	Puréed Black Beans	4 ½ cups (660 g)	1.6 kg	3.2 kg	6.45 kg
	Liquid Egg	3 cups (580 g)	1.4 kg	2.8 kg	5.6 kg
2	All Purpose Flour	1 cup (116 g)	280 g	560 g	1.1 kg
	Pea Hull Fibre	1 cup (83 g)	200 g	400 g	800 g
	Baking Powder	1 ½ tsp (5 g)	14 g	28 g	56 g
	Cooking Spray or Parchment Paper				