

# Brownies Recipe from Sabrosa Vida



Ingredients: semisweet chocolate chips, butter, spinach, water, black beans, eggs, vegetable oil, sugar, canned pumpkin puree, vanilla extract, brown sugar, cocoa powder, salt, all-purpose flour, & baking powder.

1. Preheat the oven to 350 degrees. Coat an 8x8 in baking tray with cooking spray.



2. Melt 1/4 cup of the chocolate in a microwave. Stir in butter until smooth.



3. Puree 1 cup of spinach. Add water a little bit at a time until the spinach is smooth (3-5 minutes). Measure out 1/2 cup of spinach puree and save the rest for other use.



Item	Amount
Semisweet chocolate chips, divided	1/2 cup
Butter, softened & cut into cubes	1 Tbsp
Frozen spinach, thawed	1 cup
Water	1/4 cup
Black beans, drained and rinsed	1/2 can
Eggs	2
Vegetable oil	1 1/2 Tbsp
Sugar	1/2 cup
Canned pumpkin puree	1/4 cup
Vanilla extract	1 1/2 tsp
Brown sugar	1/4 cup
Cocoa powder	1/4 cup
Salt	1/2 tsp
All-purpose flour	3/8 cup
Baking powder	1/4 tsp

## Nutrition Facts

Serving Size 1" x 2" piece (23 g)  
Servings per container 32

### Amount Per Serving

Calories 58      Calories from Fat 19

% Daily Value\*

Total Fat 2g      3%

Saturated Fat 1g      5%

Trans Fat 0g

Cholesterol 14mg      5%

Sodium 51mg      2%

Total Carbohydrate 9g      3%

Dietary Fiber 1g      4%

Sugars 6g

Protein 1g

Vitamin A 9% • Vitamin C 0%

Calcium 1% • Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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4. Combine the  $\frac{1}{2}$  cup spinach puree, black beans, eggs, oil, sugar, pumpkin puree, vanilla, brown sugar, cocoa powder, and salt in a food processor.

5. Process until smooth (5 minutes).

6. In a large bowl, mix the processed ingredients into the melted chocolate until combined. Stir in flour and baking powder. Pour into pan and add remaining chocolate chips.