



October 28- Chocolate Bean Butter – Happy Chocolate Day!!

Not Smart Snack

Link: <http://www.rickiheller.com/2011/08/flash-in-the-pan-chocolate-bean-butter/>

Recipe

Ingredients:

- 1 15-ounce can white kidney beans
- 5 Tablespoons unsweetened cocoa powder
- ½ teaspoon sugar
- 1 Tablespoon coconut oil
- 1 teaspoon vanilla extract

Directions:

1. Combine ingredients in blender and pulse until smooth.
2. Spread butter on whole- grain bread, rice cakes, or try dipping for fruit.

Yield 4 servings

Nutrition Facts

Serving Size 1/2 cup (118.04g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3.5g **18%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 20g **7%**

Dietary Fiber 8g **32%**

Sugars 3g

Protein 7g **14%**

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.