



UNIVERSITY OF WYOMING  
EXTENSION

**NUTRITION & FOOD SAFETY**  
**RECIPE OF THE MONTH**  
**MAY**



## BEANIE BROWNIES

### INGREDIENTS

- 1 15-oz can black beans, drained and rinsed
- 2 bananas
- 1/3 cup agave nectar (or honey)
- 1/4 cup cocoa
- 1 tbsp. cinnamon
- 1 tsp vanilla
- 1/2 cup instant oats

### DIRECTIONS

1. Preheat oven to 350° F.
2. Combine all ingredients except oats in a food processor or blender and blend until smooth, scraping sides as needed.
3. Stir in the oats and pour batter into an 8x8" pan.
4. Bake for 30 minutes, or until a toothpick inserted in the center comes out clean.



Beanie Brownies

<b>Nutrition Facts</b>	
Serving Size: (53g)	
Servings Per Container: 16	
<b>Amount Per Serving</b>	
<b>Calories</b> 70	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 4%
Manganese 15%	
* 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
Dietary Fiber	25g 30g

INGREDIENTS: BLACK BEANS, BANANAS, AGAVE NECTAR, INSTANT OATS, COCOA, CINNAMON, VANILLA EXTRACT