


Rocco's Low-Cal Brownies

The Secret Ingredient Makes This Recipe Low-Cal!

From the Kitchen of Rocco DiSpirito

Servings: Over 8

Difficulty: Easy

Cook Time: 1-30 min

"Yes, you are reading the ingredients list correctly: there are

black beans in these brownies. You really have to taste the brownies to believe them. The beans add moisture and texture—not to mention fiber and protein. These brownies have such a great fudgy texture because the cocoa powder, and just a little espresso powder, are the only dry ingredients (besides a bit of Truvia). For an extra jolt of chocolate flavor and about 15 more calories, stir ¼ cup dark chocolate-covered cacao nibs (such as Kopali Organics) into the batter just before pouring it into the pan. These brownies are even better the next day."

-Rocco DiSpirito, "Now Eat This!"

**Ingredients**

Nonstick cooking spray

1½ cups canned black beans, rinsed and drained

½ cup unsweetened cocoa powder

* 1 tablespoon espresso powder (*Roma powder*)

* ¼ cup egg substitute (*Egg replacer*)

* 2 tablespoons low-calorie sugar-free chocolate syrup, such as

Walden Farms (*We used dairy free dark syrup*)

* 2 tablespoons reduced-fat sour cream, such as Breakstone's (*ToPutti*)

* 1 tablespoon unsalted butter, melted (*Earth Balance*)

24 packets (84 g) Truvia or 8 tablespoons granulated Splenda *or white sugar*

1 teaspoon vanilla extract

Directions

Preheat the oven to 350°F. Spray an 8x8-inch glass baking dish with cooking spray.

Combine the beans, cocoa powder, espresso powder, and egg substitute in the bowl of a food processor. Process until the mixture is smooth, about 2 minutes, scraping down the bowl halfway through.