



Surprise Pumpkin Brownies

- 1 15-ounce can (1 1/2 cups) of black beans drained and rinsed
- 1/4 cup vegetable oil
- 1/4 cup unsweetened 100% pumpkin puree
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened cocoa
- 1/4 teaspoon salt
- 1/2 cup old-fashioned oats
- 1/2 teaspoon baking powder
- cooking spray

Pumpkin Swirl Topping

- 1/2 cup unsweetened 100% pumpkin puree
- 1 large egg
- 1 tablespoon pure maple syrup
- 1/2 teaspoon pumpkin pie spice
- coarse sea salt

Instructions

1. Preheat oven to 350 degree F.
2. In a food processor, combine the beans, oil, pumpkin puree, maple syrup, vanilla extract, unsweetened cocoa powder, salt, oats and baking powder. Process until smooth.
3. Coat a muffin tin with cooking spray. Pour the brownie mixture into each muffin cup until they are all evenly filled.
4. Meanwhile, make the topping whisking together the pumpkin, egg, maple syrup and pumpkin pie spice. Top each brownie with a small teaspoon of pumpkin topping. For the swirl, use a knife and make a swirling motion on the top of each brownie.
5. Bake for 30 minutes. To see if they are done, stick a toothpick or knife in the brownie. It should come out clean when they are ready.
6. Once the brownies are cool, sprinkle with coarse sea salt.

Serving Size=2 brownies: 205 calories, 7 grams protein, 2 grams fat, 8 grams fiber

Nutrition

Serving: 2brownies | Calories: 205kcal | Carbohydrates: 42g | Protein: 7g | Fat: 2g | Saturated Fat: 1g | Polyunsaturated Fat: 0.4g | Monounsaturated Fat: 1g | Trans Fat: 0.003g | Cholesterol: 31mg | Sodium: 422mg | Potassium: 442mg | Fiber: 8g | Sugar: 19g | Vitamin A: 4814IU | Vitamin C: 3mg | Calcium: 99mg | Iron: 3mg