

Protein-Packed Brownie Delight

Indulge in a rich and fudgy brownie that's low in calories but high in protein. Perfect for satisfying your sweet tooth while keeping your health goals in check.


30 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1/4 cup black beans, drained and rinsed
- 1/2 ripe banana
- 2 tablespoons cocoa powder
- 1 tablespoon almond butter
- 1 tablespoon honey or maple syrup
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon baking powder
- A pinch of salt
- Optional: chocolate chips or nuts for topping

Steps

- 1 Preheat your oven to 350°F (175°C) and grease a small baking dish or line it with parchment paper.
- 2 In a blender or food processor, combine the black beans, banana, cocoa powder, almond butter, honey, vanilla extract, baking powder, and salt. Blend until smooth and creamy.
- 3 Pour the batter into the prepared baking dish and spread it evenly.
- 4 If desired, sprinkle chocolate chips or nuts on top.
- 5 Bake in the preheated oven for about 20-25 minutes or until a toothpick inserted in the center comes out clean.
- 6 Let it cool for a few minutes before cutting into squares and serving.