CHOCOLATE BLACK BEAN ZUCCHINI BROWNIES

Don't know what to do with that overgrown zucchini? Make it into a healthy treat: a rich gluten free, chocolate brownie with zucchini and black beans. I used my own duck eggs (see picture, one duck egg is 1 ½ chicken eggs). I substituted honey for the brown sugar 1:1. To lower the Sugar contact I have also used ¼ C Splenda sweetener and ¼ C brown sugar.

- o   1 15 oz can black beans, rinsed and drained
- o   ¾ cup egg substitute or 3 eggs
- o   2 tbsp coconut oil or canola oil
- o   ½ cup unsweetened cocoa powder
- o   ½ tsp baking powder
- o   1 tsp vanilla extract
- o   ½ cup brown sugar
- o   ½ cup semi-sweet chocolate chips (I used mini chocolate chips)
- o   1 cup zucchini, grated, water squeezed out and/or patted dry

Directions
- o   Preheat oven to 350F , if using glass, lower temperature to 325F
- o   Spray an 8 x 8 pan with cooking spray; or use oil/ butter, set a side.
- o   Process all the ingredients except the chocolate chips and zucchini in a food processor or blender until smooth. Fold in chocolate chips and zucchini
- o   Pour batter into prepared pan and bake for 30 - 35 minutes, insert a toothpick, if it comes out clean, brownies are done.
- o   Leave in pan to cool before cutting.

Source: http://www.peanutbutterandpeppers.com/2013/08/24/chocolate-zucchini-beanie-brownies/?fbclid=IwAR3ZwmLLamBFVFFJd0IojsMWAjOSm-9YdLkIU09qfickfOs7gz9pHaS4vfQ