



Creative Juices
Consulting

Ultra Fit Brownies

(Featured in The Independent Mail, Anderson)

- 1 can no-salt added black beans
- $\frac{3}{4}$ cup egg whites
- $\frac{1}{2}$ cup cocoa powder
- 3 Tbsp extra virgin olive oil
- 2 Tbsp sugar-free maple syrup (or stevia simple syrup)
- $\frac{1}{2}$ cup strong brewed coffee
- 2 cups sugar substitute (stevia)
- 1 Tbsp vanilla extract
- 2 cups oatmeal (in food processor or blender to ground)

Directions:

Prepare oven to 325. Put 2 cups of quick oats in food processor

In blender, separately add rinsed, drained black beans. Then add next seven ingredients and blend until smooth.

Put liquid in separate bowl and add ground oatmeal. Stir.

Pour into 9 x 13 pan sprayed with cooking spray.

Cook for 30 (+) minutes until done.