

# Black Bean Sweet Potato Fudge Brownies



## EAT FOR Happiness

*Brownies.* The word alone conjures good moods. Chocolate itself decreases cortisol levels, but this batch eclipses the classic. One: It's baked with sweet potatoes, which contain muscle-relaxing potassium and fiber, so you feel full faster. Two: Black beans are high in magnesium, which regulates the nervous system to help tame anxiety.

## Black Bean-Sweet Potato Fudge Brownies

- 4 oz dark (bittersweet) chocolate, chopped
- ¼ cup (½ stick) unsalted butter
- 1 can black beans (15 oz), drained and rinsed
- ¾ cup cooked sweet potato flesh
- 1 egg
- ½ cup maple syrup, honey, or agave
- 1 tsp pure vanilla extract
- 1 tsp baking powder
- Pinch of kosher salt

**1/** Preheat oven to 350° F. Line an 8-by-8-inch baking pan with parchment paper, with ends overhanging the sides. Spray lightly with cooking spray.

**2/** In the top of a double boiler over barely simmering water, melt chocolate and butter until smooth. Meanwhile, in a food processor, puree black beans, sweet potato, egg, syrup, vanilla, baking powder, and salt. Add chocolate mixture and process until smooth.

**3/** Pour batter into pan and bake until brownies set in the center and pull away from the edges,

40 to 45 minutes. Cool completely before using the parchment paper to remove brownies from the pan.

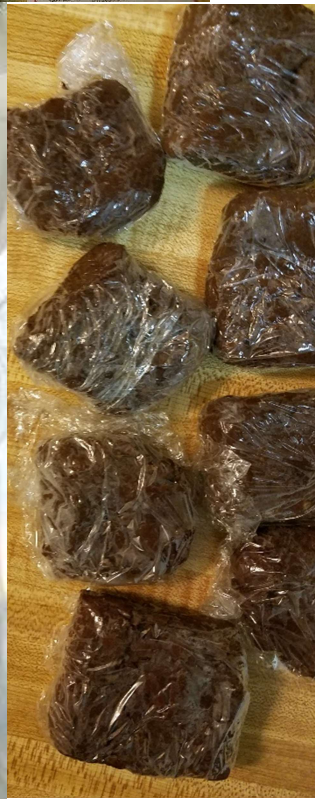
**MAKES 4 SERVINGS** Per serving: 140 cal, 7 g fat (4.5 g sat), 18 g carbs, 11 g sugar, 150 mg sodium, 2 g fiber, 3 g protein

### Hot Potato

Pierce sweet potato with a fork, then either bake at 400° F until tender, about 1 hour, or microwave on high about 5 minutes.

Way I made it – Doubled recipe in 13X9 pan lined with parchment paper easy cleanup!

- 1 cup (8oz) dark chopped bittersweet chocolate (I used dark chocolate chips)
- 1 cup butter
- 2 cans black beans drained and rinsed
- 1-1/2 cup cooked sweet potato mashed
- 2 eggs
- 2/3 maple syrup
- 2 tsp pure vanilla
- 2 tsp baking powder
- Pinch kosher salt



Individually wrap – store in fridge – firms up – super creamy velvety texture

Make quick sweet potatoes in Instant Pot  
Put trivet in bottom of pot – add 1 cup water  
Put in cleaned sweet potatoes  
High Pressure 10 minutes – NPR (natural pressure release) – Open – skin comes right off than mash!