

FOOD FOR LIFE RECIPE OF THE WEEK

PCRM Physicians Committee for Responsible Medicine

RECIPE OF THE WEEK | Super Raspberry Protein Brownies

Putting beans in brownies may seem like a strange idea, but you will change your mind after one bite of this protein-packed sweet treat! The beans add fiber, calcium, and protein, making these brownies a healthful indulgence.

Makes 16 brownies

Ingredients

2 15-ounce cans low-sodium black beans, drained and rinsed
1 cup pitted dates
1 cup all-fruit raspberry jam
1 tablespoon pure vanilla extract
1/2 cup whole-wheat pastry flour
1 cup unsweetened cocoa powder
1/4 teaspoon sea salt

Directions

Preheat the oven to 350 F and line an 8 x 8-inch baking pan with parchment paper.

Combine the black beans, dates, jam, and vanilla in a food processor and process until smooth. Add the flour, cocoa powder, and salt and process again. Pour into prepared pan and smooth the top with a spatula. Bake for 30 minutes or until the top looks set. Remove from the oven and cool completely, then cut into 16 squares.

The brownies will keep, refrigerated in a covered container, for up to 1 week

Per serving (1 brownie): 145 calories; 1 g fat; 7% calories from fat; 5 g protein; 33 g carbohydrates; 15 g sugar; 8 g fiber; 110 mg sodium

Source: [Power Foods for the Brain](#) by Neal D. Barnard, M.D.

Please feel free to tailor PCRM recipes to suit your individual dietary needs.