

## Recipe for: Black Bean Brownies

To prepare: pre-heat oven at 350°F

### Ingredients

- ❖ ½ cup cocoa
- ❖ ½ cup butter or margarine
- ❖ 2 cups sugar
- ❖ 1 cup canned or home-cooked black beans
- ❖ 4 eggs
- ❖ ¾ cup all-purpose flour
- ❖ 1 teaspoon salt
- ❖ ½ teaspoon baking powder



### Directions

- ❖ Drain black beans; reserve 2 tablespoons liquid. Puree beans and liquid in food processor or blender until a thick paste is formed.
- ❖ Mix cocoa, butter, sugar, black bean puree, and eggs together in a bowl until well blended.
- ❖ Mix flour, salt, and baking powder together in a small bowl and stir into wet ingredients.
- ❖ Grease a 9x13-inch pan with cooking spray. Pour the batter into pan.
- ❖ Bake 40 minutes at 350°F or until brownies test done with a toothpick.
- ❖ Frost with a sprinkling of powdered sugar. Cut into 24 bars.



## Recipe for: Peanut Butter Banana Roll-up

### Ingredients

- 1 10-inch tortilla
- 2 tbsp peanut butter
- ½ medium banana, sliced
- 1 tbsp raisins

### Directions

- Warm tortilla in the microwave oven for 20-30 seconds or until soft and easy to roll up.
- Spread peanut butter in the center of the tortilla, covering all but ½ inch around the edge of the tortilla.
- Place the banana slices in the middle of the tortilla, sprinkle with raisins, and roll it up like a burrito.



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