

APRIL IS NATIONAL SOYFOODS MONTH

Chocolate Brownies

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

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|---------------------------------|--|
| 1 can (15 oz)
black soybeans | 3 Tbs all-purpose flour |
| 4 oz. unsweetened
chocolate | 1 Tbs instant
espresso coffee
powder or instant
coffee granules |
| 1 Tbs margarine | 1/2 cup chopped
walnuts |
| 2 eggs | |
| 2 egg whites | |
| 2 cups sugar | |

Per brownie:

Calories:	133
Total fat:	5 g
Saturated fat:	1 g
Cholesterol:	18 mg
Sodium:	37 mg
Carbohydrate:	21 g
Protein:	3 g
Soy Protein:	1 g
Dietary Fiber:	1 g

Preheat oven to 350°F. Spray a 9"x13" pan with vegetable cooking spray. Place the black soybeans in a colander and rinse thoroughly under running water. Set aside and drain well. Place chocolate and margarine in a small bowl and microwave for 1 to 1 1/2 minutes until smooth. Stir every 30 seconds. In a food processor or blender, combine the black soybeans and 1 egg. Blend until smooth. In a large bowl, combine the bean purée, sugar, flour, espresso powder, and remaining egg and two egg whites. Beat well with electric mixer until well combined. Mix in the melted chocolate. Pour the mixture into prepared pan. Sprinkle walnuts on top of brownie batter. Bake for 30 to 35 minutes until the brownie pulls away from the sides of the pan and a toothpick inserted near the center comes out nearly clean. Cool completely in pan before cutting into bars. **Yield: 24 brownies**

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