

BROWNIES (GLUTEN FREE)

1 1/4 C. semisweet chocolate chips

1 can garbanzo beans or chick peas, rinsed and drained

3 egg whites

1 whole egg

2 T. canola oil

1 1/2 tsp. vanilla

2 T. instant coffee granules, optional

1/4 C. brown sugar

1/2 tsp. baking powder

Dash of salt

1/2 C. chopped nuts

Nutrition Facts Serving Size (103g) Servings Per Container			
Amount Per Serving			
Calories 280 Calories from Fat 150			
% Daily Value*			
Total Fat 16g			25%
Saturated Fat 5g			25%
Trans Fat 0g			
Cholesterol 20mg 7%			7%
Sodium 160mg			7%
Total Carbohydrate 32g 11%			
Dietary Fiber 5g			20%
Sugars 20g			
Protein 7g			
Vitamin A 0%	6 • 1	√itamin (0%
Calcium 6%	•	ron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Melt chocolate chips and cool slightly. Place garbanzo beans, egg whites, egg, oil and vanilla in blender. Process until smooth. Combine brown sugar, baking powder and salt and add to bean mixture. Cover and process. Add melted chocolate chips and process. Pour into 9x9" pan and sprinkle with walnuts. Bake at 350° for 30 to 35 minutes until toothpick inserted comes out dotted with moisture crumbs. Do not overbake. Cool and serve.

NUTRITION FACTS: Serving size: 3x3 inch square per serving, 9 servings