

"Fair Share" BROWNIES

Regroupement des cuisines collectives du Grand Plateau, Montréal

12 brownies

1 cup	black bean purée
¼ cup	cocoa or carob powder
¼ cup	unsweetened apple sauce
¼ cup	Graham cracker crumbs
2	eggs
1 tsp.	vanilla
2 tbsp.	vegetable oil
¾ cup	white or brown sugar
½ cup	chopped walnuts

24 brownies

2 cups
½ cup
½ cup
½ cup
4
2 tsp.
4 tbsp.
1½ cup
1 cup

36 brownies

3 cups
¾ cup
¾ cup
¾ cup
6
3 tsp.
6 tbsp.
2¼ cup
1½ cup

- Preheat oven to 350° F.
- With wooden spoon, mix black bean purée, cocoa, apple sauce and Graham cracker crumbs. Put aside.
- In another bowl, mix eggs, vanilla, oil and sugar.
- Add second mixture to first. Add walnuts.
- Pour into square 20 x 20 cm (8 x 8 in.) mould, preferably oiled.
- Cook at 350° F, 40 minutes. Don't overcook - brownies will harden upon cooling.
- Cut into squares once cooled down.

Cost per brownie: \$0.25

Did you know that ...

Meats provide 8 amino acids. To achieve the same result from a legume dish, the following food combinations are necessary. Combine a whole cereal with a legume. Examples: brown rice and chick peas; brown bread and baked beans; brown rice and tofu; pea soup and whole grain bread.