

NO. 5

CAL 325

HI-PROTEIN BROWNIES

INGREDIENTS

- 1 BOX BROWNIE MIX (YOUR CHOICE)
- 1/4 CUP APPLE JUICE
- 1/3 CUP VEGETABLE OIL
- 1 EACH EGG
- 1/2 CUP BLACK BEANS (DRAINED RINSED AND PUREED)
- 1/2 CUP CHOCOLATE CHIPS
- AS NEEDED: PEANUT BUTTER (OPTIONAL)
- AS NEEDED: WATER (OPTIONAL)



PROCESS

1. IN A FOOD PROCESSOR ADD BLACK BEANS AND SOME OF THE APPLE JUICE IF NEEDED AND PUREE UNTIL SMOOTH.
2. IN A MIXER WITH THE PADDLE ATTACHMENT ADD THE BROWNIE MIX, REMAINING JUICE, OIL, EGG AND PUREED BLACK BEANS. MIX ON LOW SPEED UNTIL SMOOTH. ADD CHOCOLATE CHIPS AND MIX ONLY UNTIL INCORPORATED. STOP IMMEDIATELY-DO NOT OVER MIX. REMOVE AND PLACE IN SPRAYED 8X8 BAKING PAN.
3. IN A MIXING BOWL COMBINE PEANUT BUTTER AND JUST ENOUGH WATER (OR ADDITIONAL APPLE JUICE) UNTIL PEANUT BUTTER IS SMOOTH ENOUGH TO PIPE. PLACE PEANUT BUTTER MIXTURE IN A PIPING BAG AND PIPE STRIPES ACROSS THE RAW DOUGH. FOR ADDED DECORATION PULL A SMALL KNIFE TIP THROUGH THE BATTER TO FORM DESIGNS.
4. BAKE AT 350F FOR 10-12 MINUTES OR UNTIL KNIFE COMES CLEAN FROM CENTER.
5. CUT BROWNIES INTO 4 EVEN SQUARES AND THEN CUT EACH SQUARE IN HALF DIAGONALLY TO CREATE TRIANGLES.



LUBY'S CULINARY SERVICES.

1 PAN

8
TRI-
ANGLES

