Recipe: Georgia's Secret Brownies

Georgia's Secret Brownies
Number of Servings: 12 (51.68 g per serving)
Weight: 620.12 g

Recipe

Item Name	Quantity	Measure
Baking Chips, chocolate morsels, semi sweet	1/2	Cup
Beans, black, 50% less salt, cnd	1	Cup
Eggs, raw, large	1	Each
Flavor, vanilla extract	1	Teaspoon
Baking Powder, double acting	1/2	Teaspoon
Yogurt, Greek	1/4	Cup
Cocoa Powder, unswntd	1/3	Cup
Honey, strained/extracted	1/3	Cup

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
45 minutes	25 minutes	350 degrees F	Baking	9 by 12 pan

Preparation Method Instructions

Preheat oven. Lightly coat pan with oil (preferably almond or coconut oil).

In double boiler or microwave, melt chocolate chips with honey until smooth consistency.

Drain and rinse beans. Add to food processor with melted chocolate and honey. Blend until smooth (about 3 minutes). Add the rest of the ingredients. Blend until smooth again, stopping to scrape down sides as needed.

Pour batter into pan. Sprinkle more chocolate chips on top if you wish.

Bake 25 minutes- checking to see if center has set.

Cool for 20-30 minutes.

Enjoy!

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Multi-Column

Nutrients	Per Servi...	Per 100g	Nutrients	Per Servi...	Per 100g
Basic Components			Biotin (mcg)	--	--
Gram Weight (g)	51.68	100.00	Vitamin C (mg)	0.45	0.86
Calories (kcal)	106.03	205.18	Vitamin D - IU (IU)	1.50	2.90
Calories from Fat (kcal)	34.27	66.31	Vitamin D - mcg (mcg)	0.04	0.07
Calories from SatFat (kcal)	20.99	40.61	Vitamin E - Alpha-Toco (mg)	0.42	0.81
Protein (g)	2.83	5.48	Folate (mcg)	2.95	5.71
Carbohydrates (g)	18.32	35.45	Folate, DFE (mcg)	2.95	5.71
Dietary Fiber (g)	2.31	4.47	Vitamin K (mcg)	0.07	0.13
Soluble Fiber (g)	0	0	Pantothenic Acid (mg)	0.07	0.14
Total Sugars (g)	13.51	26.14	Minerals		
Monosaccharides (g)	7.47	14.45	Calcium (mg)	20.77	40.19
Disaccharides (g)	0.23	0.45	Chromium (mcg)	--	--
Other Carbs (g)	2.39	4.62	Copper (mg)	0.10	0.19
Fat (g)	3.81	7.37	Fluoride (mg)	0.00	0.00
Saturated Fat (g)	2.33	4.51	Iodine (mcg)	5.00	9.68
Mono Fat (g)	0.27	0.52	Iron (mg)	0.75	1.45
Poly Fat (g)	0.07	0.14	Magnesium (mg)	12.65	24.48
Trans Fatty Acid (g)	0	0	Manganese (mg)	0.10	0.20
Cholesterol (mg)	15.83	30.64	Molybdenum (mcg)	--	--
Water (g)	22.20	42.96	Phosphorus (mg)	25.93	50.18
Vitamins			Potassium (mg)	107.36	207.76
Vitamin A - IU (IU)	22.42	43.38	Selenium (mcg)	1.73	3.35
Vitamin A - RAE (RAE)	5.88	11.38	Sodium (mg)	74.34	143.86
Carotenoid RE (RE)	0.10	0.19	Zinc (mg)	0.23	0.45
Retinol RE (RE)	5.83	11.29	Other Fats		
Beta-Carotene (mcg)	0.42	0.81	Omega 3 Fatty Acid (g)	0.01	0.02
Vitamin B1 (mg)	0.00	0.01	Omega 6 Fatty Acid (g)	0.06	0.12
Vitamin B2 (mg)	0.03	0.06	Other Nutrients		
Vitamin B3 (mg)	0.07	0.13	Alcohol (g)	0.12	0.23
Vitamin B3 - Niacin Equiv (mg)	0.30	0.59	Caffeine (mg)	5.49	10.63
Vitamin B6 (mg)	0.01	0.02	Choline (mg)	0.49	0.95
Vitamin B12 (mcg)	0.05	0.10			