

PEPPERMINT BROWNIE CAKES

Peppermint Brownie Cakes

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 brownie cake)

Nutrition (per serving)

| | |
|--------------------|------------------------|
| Calories: 97 | Total Carbohydrate: 18 |
| Total Fat: 2 g | Dietary Fiber: 3 g |
| Saturated Fat: 1 g | Total Sugars: 6 g |
| Sodium: 116 mg | Protein: 4 g |

Ingredients

Brownie Cakes

- 1 - 15 ounce can no salt added black beans, drained and rinsed
- 3 large eggs
- ¼ cup prunes
- 1/3 cup baking cocoa

Toppings

- 1 candy cane, finely chopped
- 2 Tablespoons mini chocolate chips (assure gluten free for GF version)

- ½ teaspoon salt
- 1 teaspoon vanilla extract
- ¼ teaspoon peppermint extract
- 6 Tablespoons Truvia® baking blend
- Cooking spray

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Blend all brownie cake ingredients in a blender or food processor for about 1 minute or until pureed and creamy (may be some small pieces).
3. Pour into a sprayed muffin tin.
4. Bake for 25 minutes or until toothpick comes out clean.
5. Sprinkle with toppings while warm. Wait until cooled to remove from muffin tin.