## Garbanzo Bean Brownies

## Ingredients

1 ½ cups of Ghiradelli semisweet chips
2 cups of garbanzo beans, drained and rinsed
4 eggs
1 cup of sugar\*
½ teaspoons of baking powder

## Instructions

- Heat oven to 350 degrees.
- In a small bowl melt the chocolate in microwave for 2 minutes.
- In a blender or food processor, combine beans and eggs.
- Add sugar, baking powder and chocolate; process until smooth.
- Pour batter into a 9 inch or 8x8 inch non-stick pan.
- Bake for 45 minutes.

\* You can make sugar-free brownies using Lakanta (available exclusively at **Mona's Health Food Store**, Branmar Plaza, Wilmington)

\* Or use raw agave nectar instead of sugar. Use between <sup>3</sup>/<sub>4</sub> cup and 1 cup.

To make this a gluten-free recipe, be sure the baking powder is gluten free.



Recipe provided by Theresa Piane Taylor, CHC, AADP, founder of *Light Up Your Health, LLC*. Visit us at www.lightupyourhealth.com or email us at lightupyourhealth@comcast.net to schedule a free telephone consultation.