

# Midnight Brownies

This recipe was one of many that helped Kim, a guest of *The Dr. Oz Show*, lose over 200 pounds! The secret ingredient: black beans.

## Ingredients

1 (15 oz.) can black beans, drained and rinsed  
1/2 cup agave syrup  
1/2 cup self-rising flour  
1/2 cup egg whites  
1/4 cup unsweetened cocoa  
2 tbsp vanilla  
1 tsp baking powder  
6 tbsp mini semisweet chocolate chips

## Directions

Preheat oven to 350°F. Lightly spray a 8x8 baking dish with nonstick cooking spray. In a food processor, mix all brownie ingredients (except chips) together. Chop on high, until smooth. Clean off sides and blend for another 20 seconds. Add the chips and stir well. Spread into the 8x8 baking dish. Bake for 20 minutes, until toothpick comes out clean. Cool for about 1 hour at room temperature.

## Frosting

### Ingredients

6 oz. fat-free cream cheese  
1/4 cup agave syrup  
2 tbsp vanilla extract  
2 tbsp semisweet mini chocolate chips, melted

## Directions

With a whisk attachment on an electric beater, blend all ingredients until light and fluffy. Spread evenly over the top of the cooled brownies. In a microwave safe bowl, melt the 2 tbsp of chips with a 2-second spray of nonstick cooking oil. Using a spoon, swirl the chocolate on top. Allow it to set in the refrigerator for 20 minutes. Serve and enjoy. Don't forget to have seconds!

Recipe from Kim Bensen and her book, *Finally Thin*, on *The Dr. Oz Show*.