

## INGREDIENTS

Canola oil cooking spray  
1 can (15.5 oz/460 mL) black  
beans, rinsed and drained  
1/4 cup (60 mL) canola oil  
2/3 cup (150 mL) semisweet  
chocolate chips, divided  
2 eggs  
1/3 cup (75 mL) cocoa  
3/4 cup (175 mL) brown sugar  
1 tsp (4 mL) baking powder  
1 tsp (4 mL) vanilla

## PREPARATION

Preheat oven to 350 °F (180 °C). Spray  
8" x 8" (20 x 20 cm) baking dish with  
canola oil cooking spray.

In blender or food processor, place  
beans, canola oil and 1/3 cup (75 mL)  
chocolate chips and blend well.

Add eggs, cocoa, brown sugar, baking  
powder and vanilla to mixture and  
blend until smooth.

Transfer mixture to baking dish and  
sprinkle remaining chocolate chips  
on top.

Bake 20-25 minutes or until inserted  
toothpick comes out clean. Store in  
refrigerator.



## Black Bean Brownies



Serving size: 1 brownie



20 minutes prep time

30-25 min bake time

### Nutritional Information Per 1 brownie

Amount	% Daily Value
Calories 186	
Fat 8g	12%
Saturated + Trans 2g	10%
Cholesterol 31 mg	
Sodium 54mg	2%
Carbohydrate 26g	9%
Fiber 3g	12%
Sugars 19g	
Protein 4g	

Original recipe available:

<https://www.diabetes.ca/nutrition---fitness/recipes/black-bean-brownies>

## INGREDIENTS

½ cup SPLENDA® Brand  
Brown Sugar Blend  
¼ teaspoon salt  
¼ cup unsalted butter  
¼ cup pineapple juice  
8 cups air-popped or plain  
microwave popcorn  
½ cup chopped nuts  
(pecans, peanuts)

## PREPARATION

Mix the SPLENDA® Brown Sugar Blend, salt, butter and juice in a sauce pan. Bring to a boil for 8 minutes.



Remove from the stove and stir in nuts.

Place the popcorn on parchment paper and drizzle the mixture on the popcorn with a spoon. Set aside to air cool for 10 minutes or until the caramel has hardened.

Shape into little balls if desired. Stores well in airtight containers.



## Caramel & Nut Popcorn

 6 servings  5 minutes prep time

Per Serving (1 1/4 cup): 2 carbohydrate choices

Makes: 6 servings

Calories: 260, Total Fat: 14g(Saturated Fat: 6g),  
Sodium: 100mg, Total Carbs: 28g, Dietary Fiber: 2g,  
Protein: 3g

Original recipe available: [https://www.youtube.com/watch?v=FManmPCP\\_24](https://www.youtube.com/watch?v=FManmPCP_24)

"Caramel Popcorn & Almonds" Photo by Vegan Fest Celebration [CC-BY-SA-3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)], via Wikimedia Commons. Available at <https://www.flickr.com/photos/veganfeast/4442725044> Caramel Popcorn & Almonds | Flickr

## INGREDIENTS

1 can (19 fl oz/540 mL)  
White Kidney Beans,  
drained and rinsed  
½ cup light cream cheese  
½ cup light sour cream  
2 tbsp mild green chiles,  
chopped  
1/3 cup green onion,  
chopped  
1 cup low fat cheddar  
cheese, light

## PREPARATION

Preheat oven to 350F.  
Mash beans and mix in cream  
cheese, sour cream and chiles.  
Stir in half of the shredded  
cheese (1/2 cup).

Spread into 8 inch by 8 inch  
casserole pan and bake in the  
oven for 15 minutes.

Turn off the oven, sprinkle the  
remaining cheese on top (1/2  
cup) and let it melt.

Once melted, remove from oven  
and serve with carrot, red  
pepper, and celery slices.



## Warm White Bean Dip



24 servings



5 minutes prep time

15 min Bake time

Per Serving (2 tbsp)

Makes: 24 (2 tbsp) servings

Calories: 71, Total Fat: 5g, Sodium: 140mg, Total  
Carbs: 4g Fibre 1.3g, Protein: 3g

Original recipe available: <https://www.diabetesfoodhub.org/recipes/white-bean-lemon-and-herbed-feta-dip.html>

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