



Winter Wonderland Brownies



1/9th of pan (1 brownie): 122 calories, 4g total fat (2g sat. fat), 231mg sodium, 24.5g carbs, 4.5g fiber, 7g sugars, 5g protein

Prep: 15 minutes **Cook:** 30 minutes

Cool: 1 hour



More: [Dessert Recipes](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

One 15-oz. can black beans, drained and rinsed
1/2 cup unsweetened cocoa powder
1/3 cup unsweetened applesauce
1/4 cup canned pure pumpkin
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 cup whole-wheat flour
1/4 cup Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)
1 tsp. vanilla extract
3/4 tsp. baking powder
1/4 tsp. salt
3 tbsp. mini (or chopped) semi-sweet chocolate chips
3 tbsp. chopped white chocolate chips

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Place all ingredients *except* both kinds of chocolate chips in a food processor. Puree until completely smooth and uniform.

Fold in 1 tbsp. each semi-sweet chocolate chips and chopped white chocolate chips.

Spread mixture into the baking pan, and smooth out the top.

Evenly top with remaining 2 tbsp. each semi-sweet chips and chopped white chocolate chips. Lightly press into the batter.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour.

MAKES 9 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

