

Healthy Banana and Spinach Brownies



16 servings | 135 calories

Ingredients:

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| 2 oz semi-sweet chocolate melted | ¾ cup mashed bananas (about 1 banana) |
| 1 cup all-purpose flour sifted | 2 tbsp vegetable oil |
| ½ tsp baking powder | ½ tbsp vanilla extract |
| ¾ cup unsweetened cocoa powder | ¾ cup spinach puree |
| ¼ tsp salt | 1 /4 cup brown sugar |
| 3 large egg whites | |

Directions:

- ♥ Preheat the oven to 350 degrees F. Coat a 9X13 baking pan with non-stick cooking spray.
- ♥ Make spinach Puree: Mix spinach with water and microwave for 2 minutes. Then blend in the food processor until smooth. Drain off excess water.
- ♥ In a medium bowl stir together flour, cocoa, salt and baking powder. Set aside.
- ♥ Melt chocolate in a double boiler OR in a microwave at 50% power for about 1 minute and 30 seconds or until chocolate is melted. (the microwave is faster)
- ♥ Add the spinach puree, mashed bananas, vegetable oil and vanilla extract and whisk until creamy. Whisk in egg whites, then brown sugar. Then add dry ingredients to wet ingredients and mix until blended.
- ♥ Add melted chocolate to the bowl and stir until completely incorporated.
- ♥ Pour the batter in a prepared pan (9X13) and bake for 35-40 minutes or until the cake tester comes out clean. Cool completely. (It's important to cool these brownies completely or they may have an odd taste from the spinach)

ENJOY!

