

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: No One Will Believe These Treats are Better For Them!

Fast and Easy, Too:

Decadent Deep Dark Fudge Brownies (with a Secret)

1 (15.5 OZ) Can Black Beans, Rinsed and Drained
 4 OZ Unsweetened Chocolate
 2 TB Unsalted Butter
 2 Eggs + 4 Egg Whites
 1 ¼ Cups Sugar
 Pinch of Sea Salt
 ¼ Cup Whole Wheat Flour
 1 TB Instant Coffee Powder
 ½ Tsp Cayenne
 ½ Cup Chocolate Chips
 ½ Cup Chopped Toasted Brazil Nuts

Step One Preheat the oven to 350F. Line a 9x12" baking pan with foil and coat with nonstick cooking spray. Melt the chocolate and butter together and set aside.

Step Two In a food processor, com-

bine the drained beans and all the eggs and whites. Blend until smooth.

Step Three In the bowl of a standing mixer, combine the bean puree, sugar, salt, flour, coffee and cayenne. Beat until combined. Mix in the melted chocolate mixture. Fold in the chocolate chips and the nuts.

Step Four Pour the brownies into the prepared pan. Bake for 30 minutes or until the brownies began to pull away from sides of pan. Cool completely before removing from the pan and cutting into squares.

Almond Date Delights

¾ Cup Natural Almond Butter
 ¼ Cup Brown Sugar
 ¾ Cup Nonfat Dry Milk
 ¼ Cup Orange Juice
 Zest of 1 Orange

1 ½ Tsp Vanilla
 3 Cups Crushed Cereal
 ¼ Cup Chopped Dates
 1 Cup Chopped Toasted Almonds

Place the almond butter, sugar, milk, juice, zest and vanilla together and blend well. Stir in the cereal and dates. Shape into about 36 balls and roll in the toasted almonds. Refrigerate to store the cookies.

2 Kitchen Smidgen

What kind of cereal to use in this recipe? Choose your favorite! Flaky, crunchy cereal makes a super cookie.

3 Get Creative

Believe or not, beans are a great substitute for fat in cookies and brownies. (You'll believe it when you taste them.) Try using pureed beans for some or all of the fat in a treat recipe, it yields a tender and delicious result.

4 WINE of the Week

Jean Albrecht Cremant d'Alsace Brut Rose Reserve

Alsace, France
 Total Wine around \$20.00

The perfect wine with a good cookie? A versatile sparkler. This beautiful pink wine not only looks like strawberries, it tastes like them too! Dry, crisp and refreshing with a good acidity, it can carry you throughout the entire meal. Cremant is made in the same method as champagne, but comes from the northern part of France, close to Germany.