Humane World for Animals™

Triple b breakfast brownies

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, Comfort	K12 PF deck	VG, GF, NF	12	5.97 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	1 lb 9.41 oz	0%	1 lb 9.41 oz	Beans, Black, canned, drained, rinsed	For brownie: In high power blender, combine all ingredients in step 1. Mix on med/high until smooth.
	1 cup	7.10 oz	0%	7.10 oz	Sugar, White, granulated	
	1 cup	8.60 oz	1%	8.69 oz	Applesauce	
	2/3 cup	2.21 oz	0%	2.21 oz	Cocoa Powder, unsweetened, unsifted	



Blend to smooth

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	4 ea	1 lb 0.80 oz	34%	1 lb 9.34 oz	Bananas, fresh, peeled, whole	In a mixing bowl, mash bananas along with all ingredients in step 2.
	1 tbsp	0.52 oz	0%	0.52 oz	Vinegar, Distilled White	
	1 tbsp	0.46 oz	0%	0.46 oz	Extract, Vanilla	
	1 tbsp	0.43 oz	0%	0.43 oz	Baking Powder	
	1 1/4 tsp	0.12 oz	0%	0.12 oz	Salt, Kosher	
	1 tsp	0.17 oz	0%	0.18 oz	Baking Soda	

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Mashed banana, and step 2 ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/2 cup	4.44 oz	0%	4.44 oz	Oats, Quick, dry	Combine cocoa mixture, banana mixture and oats with a spatula. Mix well.



Brownie batter mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 cup	5.35 oz	0%	5.35 oz	Vegan Chocolate Chips, 4M count	Heat oven to 375°F. Spread mixture in greased half hotel pan, evenly sprinkle chocolate chips on top. Bake for 30 minutes.



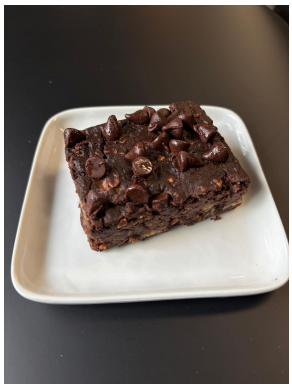
Portioned batter, with chips.



Baked breakfast brownie

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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						For service: Cut cooled brownies into 12 even portions. Can be wrapped and refrigerated for grab and go for up to 5 days.



Triple B breakfast brownie

MEMO

*Using gluten free oats would make this recipe gluten free

Crediting: Each serving provides 1/4 ounce grain equivalents and 1/4 cup fruit.

NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	5.72 g	17.50 %
Saturated	2.98 g	9.13 %
Monounsaturated	1.70 g	5.21 %
Polyunsaturated	0.54 g	1.64 %
Trans fatty acids	0.01 g	0.04 %
Cholesterol	1.01 mg	
Linolenic acid	0.47 g	1.43 %
Alpha-linolenic acid	10.74 mg	0.03 %
Total Carbohydrate	56.39 g	79.24 %
Sugars total	29.93 g	
Added sugar	0.00 g	0.00 %
Lactose	0.21 g	
Fiber	9.35 g	6.18 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	2.14 g	3.00 %
Protein	7.50 g	10.54 %
Alcohol	0.37 g	0.90 %

Calories	
289.17 kcal	
1,209.90 kJ	

Minerals	
Salt	0.78 g
Salt	0.46 %
Sodium	312.22 mg
Phosphorus	263.96 mg
Potassium	643.04 mg
Iron	3.62 mg
Calcium	87.81 mg
Zinc	1.43 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	95.91 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	2.47 µg
Copper	0.55 mg

Vitamins	
Vitamin A	1.65 µg
Vitamin D	0.00 µg
Thiamine	0.19 mg
Riboflavin	0.14 mg
Niacin	0.97 mg
Vitamin B6	0.21 mg
Vitamin B12	0.03 µg
Folate	0.00 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	5.28 mg
Vitamin E	0.52 mg
Vitamin K	2.84 µg

Others	
Water	96.00 g

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CO2



0.09 kg

Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.

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