

## Triple b breakfast brownies

Recipe group Breakfast, Comfort	Additional name K12 PF deck	Diet factors VG, GF, NF	Portions 12	Portion size 5.97 oz
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	Capacity measure	AP	Name of ingredient	EP	Trim loss	Methods
<b>1</b>	3 cup	1 lb 9.41 oz	Beans, Black, canned, drained, rinsed	1 lb 9.41 oz	0%	For brownie: In high power blender, combine all ingredients in step 1. Mix on med/high until smooth.
	1 cup	7.10 oz	Sugar, White, granulated	7.10 oz	0%	
	1 cup	8.69 oz	Applesauce	8.60 oz	1%	
	2/3 cup	2.21 oz	Cocoa Powder, unsweetened, unsifted	2.21 oz	0%	



*Blend to smooth*

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



*Mashed banana, and  
step 2 ingredients*

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



*Brownie batter mixed*

	Capacity measure	AP	Name of ingredient	EP	Trim loss	Methods
<b>4</b>	1 cup	5.35 oz	Vegan Chocolate Chips, 4M count	5.35 oz	0%	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*



## CO2



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.