

## One Minute Flax Muffin

1/4 cup ground flax meal  
1/8 tsp. Baking Powder  
1 egg  
Sugar/Splenda/truvia (whatever ever you use to taste)  
Sprinkle Cinnamon to taste  
Few blueberries or raspberries make them even better.

Mix all together in a large cup or ramekin and micro for 1 minute. Remove from the ramekin after out of micro let set a minute. Then you could add a little butter/margarine and Sugar Free jelly or honey.

## Fiesta Salad

1 11-oz can Mexican –style corn, drained  
1/2 cup rinsed and drained kidney or black beans  
1 tsp dehydrated minced onion  
1/4 cup prepared salsa  
Reduced fat cheese  
2 lettuce leaves  
6 cherry tomatoes

Combine corn, beans, onion, salsa, and cheese in a small bowl. Spoon mixture onto lettuce leaves and top with cherry tomatoes.

## Chocolate Fudge Brownies

1 box dry brownie mix of your choice, 13 x 9 pan size  
1- 15 oz can of black beans with liquid (puree in blender or food processor)  
1/4 cup water

Puree the black beans until smooth. Add to dry brownie mix with 1/4 cup water. Do NOT add the eggs or oil as stated on the package, the beans replace those 2 ingredients. Bake according to directions. You can frost with chocolate frosting or powder sugar if you want. You can also add walnuts or anything you would add to your brownies. Enjoy!