



BLACK BEAN BROWNIES

YIELDS 12 BROWNIES

Ingredients

- 3 cups black beans (2 [15-oz] cans, drained and rinsed very well, or 1 cup dried beans, cooked & drained)
- ¼ cup cocoa powder
- 1 cup quick oats
- ½ tsp salt
- 1 cup pure maple syrup
- ½ cup sunflower oil
- 1 tbsp pure vanilla extract
- 1 tsp baking powder
- 1 ½ cups chocolate chips
- 1 ½ cups chopped walnuts

Directions

- Preheat oven to 350°F. Prepare a 9"×13" baking pan by coating lightly with nonstick spray or cooking oil.
- Combine all ingredients EXCEPT CHIPS AND WALNUTS in the food processor, and blend until completely smooth. Transfer mixture to a mixing bowl, stir in the chips and walnuts (if using), then pour into prepared pan.
- Cook 15-18 minutes, then let cool for at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge and they will firm up.