



BLACK BEAN BROWNIES

YIELDS 9 BROWNIES

Ingredients

- 1 ½ cups black beans (1 15-oz can, drained and rinsed very well)
- 2 tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- ½ cup pure maple syrup
- ¼ cup sunflower oil
- 2 tsp pure vanilla extract
- ½ tsp baking powder
- ⅔ cup chocolate chips
- ⅔ cup chopped walnuts (optional)

Directions

- Preheat oven to 350°F.
- 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 a greased 8×8 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.