



Black Bean Brownies

By ChocolateCoveredKatie.com

Total Cooking Time: 15-18min

Yield: 9-12 brownies

Ingredients

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well) (250g after draining)
- 2 tbsp cocoa powder (10g)
- 1/2 cup quick oats (40g) (I, Amy, substituted 1/2 cup ground Almond Meal + 2 eggs)
- 1/4 tsp salt
- 1/3 cup pure maple syrup, honey, or agave (75g) (I used only 1/4 cup Maple Syrup)
- pinch of Stevia OR 2 tbsp sugar (I used one teeny spoonful from Stevia container)
- 1/4 cup coconut or vegetable oil (40g) (See nutrition link for substitution notes)
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips (115-140g) (Not optional. Omit at your own risk.)
- optional: more chips, for presentation

Instructions

Preheat oven to 350 F.

Combine all ingredients *except chips* in a food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.)

Stir in the chips, then pour into a greased 8×8 pan. (Optional: sprinkle extra chocolate chips over the top instead of mixing in).

Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies.