



Fudgy Black Bean Quinoa Brownies

By Wendy Pelosi

This recipe is: eggless, sugar free, low fat, high fiber, gluten free, vegan!

Ingredients

- Dry:
- 144g (3/4 cup) Granulated Erythritol* (or dry sweetener of choice)
- 60g (3/4 cup) Regular Cocoa Powder (unsweetened)
- 34g (1/4 cup) Quinoa Flour
- 1+1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/2 tsp Instant Coffee (I used Starbucks VIA Columbia)
- 1/4 tsp Salt
- Wet:
- 20g (3 tbs) Ground Flaxseed
- 1/3 cup Unsweetened Almond Milk
- 1/2 cup + 1 tbs Fresh Blueberry Puree
- one 15.5oz can Black Beans, drained and rinsed well
- 14g (1 tbs) Canola Oil
- 1/2 tsp Vanilla Extract

Instructions

1. Preheat the oven to 350 degrees Fahrenheit and line an 9" brownie pan with parchment paper both ways, set aside.
2. In a small bowl, stir the flaxseed and almond milk together, set aside to thicken.
3. In a medium-sized mixing bowl, whisk together the dry ingredients and set aside.
4. Rinse ~1 cup of fresh blueberries and puree in a blender. Pour all of the puree into a cup (no need to rinse out the blender, but try to pour at as much as possible). Measure 1/2 cup + 1 Tbs and add back into the blender (drink the remaining blueberry puree ;D) along with the black beans, oil, vanilla and thickened flaxseed mixture. Puree until all of the beans have been liquefied. Pour into a clean large bowl.
5. Add 1/3 of the dry ingredients to the blender mixture and whisk. Add another 1/3 of the dry to the wet and whisk, then finally add the last 1/3 and whisk again (batter should be thick, feel free to fold in ~1 cup of chocolate chips, you chocolate-lovers!)
6. Scoop the batter into the prepared brownie pan and spread to the edges. Bake for 45 minutes. To test if the center is cooked tap the surface and if it's firm and springs back, it's ready. Let cool for about 30-40 minutes in the pan, and then flip onto a drying rack top-side/ugly-side down. Peel off the parchment paper and let cool completely before slicing.