

Recipe: Black Bean Brownies

Servings: 9-12

Serving Size: 1 Brownie

Ingredients:

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)
- 2 tbsp cocoa powder
- 1/2 cup quick oats
- 1/4 tsp salt
- 1/3 cup sugar free syrup
- 1 Tbsp stevia
- 1/4 cup canola oil
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup chocolate chips



Directions:

1. Preheat oven to 350 F
2. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well.
3. Stir in the chips, then pour into a greased 8x8 pan. Optional: sprinkle extra chocolate chips over the top.
4. Cook the black bean brownies 15-18 minutes,
5. 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!

NUTRITION FACTS per serving:

- Calories: 115
- Fat: 5.5g
- Carbs: 15g
- Fiber: 3g
- Protein: 2.5g