



FUDGY BLACK BEAN BROWNIES

INGREDIENTS

- 1 15-oz can black beans rinsed and drained
- 3 large eggs (3 flaxseed eggs as a healthier option)
- 3 Tbsp flavorless oil, sunflower, or coconut oil
- 1 tsp vanilla
- ¼ cup unsweetened cocoa powder
- ⅔ cup sugar 120 g (I prefer coconut sugar-low glycemic)
- ½ tsp baking powder
- ¼ tsp salt
- ½ tsp finely ground or instant coffee optional
- ½ cup semi-sweet chocolate chips



DIRECTIONS

- 1. Wets:** Preheat oven to 350 degrees F (176 C). Puree black beans in a food processor into a rough paste. In a large bowl, mix together the bean puree, eggs (or flaxseed eggs), oil, and vanilla.
- 2. Dries:** In a separate bowl, combine cocoa powder, sugar, baking powder, salt, and coffee (if using). Add the dry ingredients to the wets, then stir in chocolate chips.
- 3. Bake:** Grease an 8×8 or 9×9 inch pan, then line with parchment paper. Pour in batter and bake for 30 to 40 minutes, or until the edges are visibly cooked and the center doesn't jiggle much when you shake the pan (a toothpick may still come out a little gooey, that's fine!)* Allow brownies to cool before cutting.