

# BLACK BEAN BROWNIES

MAKES 12 INDIVIDUAL BROWNIES

## INGREDIENTS

- 1 ½ Cups Canned Black Beans (drained and rinsed)
- 2 Tbsp cocoa powder
- ½ cup quick cook oats
- ¼ tsp salt
- ⅓ Cup maple syrup, honey or agave
- Pinch stevia or 2 Tbsp sugar (or omit and increase maple syrup to ½ cup)
- ¼ cup coconut or vegetable oil
- 2 tsp pure vanilla extract
- ½-⅔ cup chocolate chips



## DIRECTIONS

1. Preheat the oven to 350 degrees Fahrenheit.
2. Combine all ingredients except chocolate chips in a food processor and blend until completely smooth. (This is the key to disguising the black beans)
3. Once blended, stir in the chocolate chips. Reserve a few to sprinkle on top before baking.
4. Pour brownie batter into lined muffin trays.
5. Bake for 15 minutes.
6. Cool and Enjoy!