

Black Bean Brownies

11 ingredients · 40 minutes · 9 servings



Directions

1. Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
2. Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
3. Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
4. Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
5. Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
6. Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
7. Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

Notes

Less Ingredients

Omit the dark chocolate and almonds if desired.

Leftovers

These brownies keep well in the fridge up to 4 days. Freeze for longer.

Ingredients

- 2 cups Black Beans (cooked)
- 3 Egg
- 1/4 cup Coconut Oil (melted)
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 cup Cocoa Powder
- 1/4 cup Coconut Sugar
- 1/4 cup Raw Honey
- 1/2 tsp Baking Powder
- 3 1/2 ozs Dark Organic Chocolate (chopped and divided)
- 1/4 cup Sliced Almonds

Nutrition

Amount per serving

Calories	267	Vitamin D	14IU
Fat	15g	Vitamin E	1mg
Carbs	31g	Thiamine	0.1mg
Fiber	7g	Riboflavin	0.1mg
Sugar	14g	Niacin	0mg
Protein	8g	Vitamin B6	0.1mg
Cholesterol	62mg	Folate	67µg
Sodium	125mg	Vitamin B12	0.2µg
Potassium	269mg	Phosphorous	145mg

Vitamin A	92IU	Magnesium	65mg
Vitamin C	0mg	Zinc	1mg
Calcium	50mg	Selenium	7µg
Iron	3mg		