

 **Prep:** 10 minutes
 **Cook:** 30 minutes
 **Servings:** 16

Black Bean Dark Chocolate Brownies

INGREDIENTS

1 can (~15 oz) Black Beans, any variety,
drained and rinsed

½ cup dark chocolate chips

¼ cup all-purpose flour

1 cup white sugar

¼ cup unsweetened cocoa

½ tsp baking powder

¼ tsp baking soda

1/8 tsp kosher salt

2 large eggs

3 Tbsp vegetable oil

1 ½ tsp vanilla extract

1 large piece of parchment paper

Butter, *softened for greasing pan*

Chocolate chips

Walnuts

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Line 8" x 8" x 2" baking pan with parchment paper and grease with butter.
3. Combine beans, chocolate chips, flour, sugar, cocoa, baking powder, baking soda, salt, eggs, oil and vanilla extract in bowl of food processor.
4. Secure food processor lid and blend until mixture is smooth, about 2 minutes.
5. Spread batter evenly into prepared baking pan, using rubber spatula to scrape batter from bowl. If desired, sprinkle chocolate chips and walnuts evenly over top.
6. Bake 30 minutes or until toothpick inserted in center of brownies comes out clean.
7. Remove pan from oven and allow brownies to cool completely before cutting into squares.

Nutritional Analysis, per serving (without optional toppings)

Calories 129

Total Fat 4.5g

Saturated Fat 1.5g

Carbohydrate 21g

Fiber 2g

Sugar 15g

Protein 3g

Sodium 48mg

(2% DV)

