

BLACK BEAN BROWNIES



**Try These Healthy Decadent Brownies
That DO NOT Taste Healthy!**

YIELD: Serves 9-12 brownies

TIME: 15 mins

INGREDIENTS:

1 15-oz can black beans drained and
rinsed very well

2 tbsp cocoa powder

1/2 cup quick oats

1/4 tsp salt

1/3 to 1/2 cup pure maple syrup, honey,
or agave

1/4 cup coconut or vegetable oil

2 tsp pure vanilla extract

1/2 tsp baking powder

1/2 cup to 2/3 cup chocolate chips

Optional: more chips, for presentation

DIRECTIONS

Preheat oven to 350 F.

1. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.)

2. Stir in the chips, then pour into a greased 8×8 pan.
Optional: sprinkle extra chocolate chips over the top.

3. Bake for 15-18 minutes, let cool for 10 minutes before cutting.

If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up!