

Black Bean Brownies

Makes 9-12 brownies

Ingredients:

- 1 can black beans – drained & rinsed
- 2 Tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- 1/3 cup maple syrup or honey
- ¼ cup oil
- 2 tsp vanilla extract
- ½ tsp baking powder
- ½ cup chocolate chips

Instructions:

1. Preheat oven to 350 F. Grease and 8x8 pan.
2. Combine all ingredients except chocolate chips in a food processor until completely smooth.
3. Stir in the chocolate chips then pour mixture into prepared pan.
4. Bake brownies for 15-18 minutes. Let cool completely before cutting!

Nutrients per serving:

115 Calories

5.5g Fat

15g Carbohydrates

3g Fibre

2.5g Protein