



Black Bean Chocolate Brownies

Prep Time: 15 min. Cook Time: 30 min. Makes: 16 brownies.

This may sound weird at first glance - but these brownies are so rich and fudgy and delicious, no one would ever guess they have beans in them! Promise.

INGREDIENTS

- 1 14oz can (1 1/2 cups) black beans
- 1 banana
- 1/2 cup fresh medjool dates, pitted*
- 1/2 cup non-dairy milk
- 1/2 cup natural peanut butter (or any other nut/seed butter)
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 3/4 cup cocoa and/or carob powder
- 1/2 cup raisins, dried cranberries or chocolate chips (or a mix of any or all)
- 1 cup spelt or sorghum flour

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Put the beans, banana, dates, milk, nut/seed butter, vanilla and apple cider vinegar in a food processor and puree until smooth.
3. Add the baking powder, soda, cocoa/carob powder and flour and pulse until they're incorporated. Don't overmix here. Sprinkle the raisins, cranberries or chocolate chips into the mix and push them into the batter (don't puree them).
4. Pour the batter into a greased or lined 8" brownie dish and put in the oven for 30-40 minutes.
5. Once the brownies are cooked, pull them from the oven, let them cool completely and then cut into squares and serve.

NUTRITION FACTS

Per serving
Calories 176

% Daily Value*

5 g	Total Fat	8%
1 g	Saturated Fat	6%
0 mg	Cholesterol	0%
69 mg	Sodium	3%
31 g	Carbohydrates	10%
6 g	Dietary Fiber	24%
11 g	Sugar	
6 g	Protein	10%
37 IU	Vitamin A	1%
1 mg	Vitamin C	2%
38 mg	Calcium	4%
2 mg	Iron	12%

Hints & Tricks

If you're not using a food processor, you can use 1/2 cup unrefined sugar instead of the dates.