

Black Bean Brownies

Don't knock it til you try it. Pureed black beans give these brownies a fudgy texture and a healthy dose of fiber.



Recipe by Kat Palmer

Makes 12 brownies

Price Per Serving: \$0.30

Prep Time: 10 minutes | Cook Time: 25 minutes

- 1 15 oz. can black beans, well rinsed and drained
 - 2 large eggs
 - 3 T canola or coconut oil (if using coconut, melted)
 - 3/4 cup unsweetened cocoa powder
 - 1/4 tsp salt
 - 1 tsp vanilla extract
 - 1/2 cup granulated sugar
 - 1 1/2 tsp baking powder
- Optional toppings: crushed walnuts, pecans, or semisweet chocolate chips

Preheat oven to 350. Rinse and drain black beans. Set aside for now. Lightly grease a 12-slot standard size muffin pan. Add all ingredients besides optional nuts and chocolate chips to the bowl of a food processor or blender and mix until smooth, about 3 minutes, scraping the sides of the bowl as needed. If the batter appears too thick, add 1-2 tablespoons of water and mix again. It should be slightly less thick than chocolate frosting but nowhere close to runny. Evenly distribute the batter into 12 muffin tins and smooth the tops with a spoon or your finger. If desired, sprinkle with crushed walnuts, pecans or chocolate chips.

Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides. Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist - that's the point. Store in an airtight container for up to a few days. Refrigerate to keep longer.

Try it vegan by using a flax egg! Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a couple times and then let rest for a few minutes. Proceed with adding the rest of the ingredients and mixing batter according to above directions.

Nutrition Facts	
Serving Size 32 g	
Amount Per Serving	
Calories 73	Calories from Fat 43
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 121mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 1%	Vitamin C 0%
Calcium 5%	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	