



Fudgy Black Bean Brownies

The perfect brownie balance of fudgy and cakey, nobody will know there's black beans in them!

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Quick Oats	44g
1/2 cup	Chocolate Chips, semi-sweet	85g
1 1/2 cup	Black Beans, canned, drained, rinsed	360g
1/4 cup	Canola Oil	60mL
1/2 cup	Maple or Cane Syrup	156g
1/2 tsp	Baking Powder	2g
3 Tbsp	Cocoa Powder, unsweetened	16.5g
1 tsp	Vanilla Extract	5mL
1/8 tsp	Kosher Salt	0.75g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. In a small blender, blend oats on high speed to create a fine powder. Move the oats to a medium size bowl.
4. In a microwave safe bowl, add chocolate chips and microwave for 30 seconds. Remove and stir. Microwave for another 30 seconds or until thoroughly melted.
5. Drain black beans in a colander and thoroughly rinse them off.
5. In a pitcher blender, combine chocolate, black beans, oil, syrup, baking powder, cocoa powder, vanilla, and salt. Blend on high speed until very smooth.
6. Fold the oats and chocolate mixture together and transfer to a greased mini muffin pan. Fill cups 3/4 of the way.
7. Bake at 350°F (180°C) for 8-12 minutes. Check to see if they are done by inserting a tooth pick into the center of the tallest one. If it comes out clean, they're done. ****Note:** Because these do not contain eggs, it is ok to slightly underbake these for a fudgier brownie. In this case, a toothpick would not come out clean.
8. Cool for 5 minutes before removing from the muffin tin. Enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

12 Servings

Serving size **2 mini brownies**

Amount per serving

Calories **170**

Calories from Fat 70

Total Fat 8 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 3 g

Cholesterol 0 mg

Sodium 40 mg

Total Carbohydrate 23 g

 Dietary Fiber 2 g

 Total Sugars 13 g

 Includes 8 g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 30 mg

Phosphorus 0 mg
