



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

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. In a small blender, blend oats to 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. In a pitcher blender, combine chocolate, black beans, oil, syrup, baking powder, cocoa powder, vanilla, and salt. Be sure to rinse your beans! Blend 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 17-20 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.
8. Cool for 5 minutes before removing from the muffin tin. Enjoy!

**\*\*Nutrition Facts on Reverse**

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## Nutrition Facts

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12 Servings

**Serving size**                      **2 brownies**

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**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

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