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

**Nutrition Facts on Reverse**

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**U.S.** | **Metric**
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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 | 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 on high speed to create a fine powder. Move the oats to a medium size bowl. Set aside.
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.
6. In a pitcher blender, combine chocolate, black beans, oil, syrup, baking powder, cocoa powder, vanilla, and salt. Blend on high speed until very smooth.
7. Fold the oats and chocolate mixture together and transfer to a greased mini muffin pan. Fill cups 3/4 of the way.
8. Bake at 350°F (180°C) for 8-12 minutes or until a toothpick inserted in the center of a brownie comes out mostly clean.
9. Cool for 5 minutes before removing from the muffin tin. Enjoy!
### Nutrition Facts

| 12 Servings |  | 2 mini brownies |
|-------------|-----------------|
| **Amount per serving** | **180** |

**Calories**

- **Total Fat**: 9 g
  - **Saturated Fat**: 3 g
  - **Trans Fat**: 0 g
  - **Monounsaturated Fat**: 3 g
- **Cholesterol**: 10 mg
- **Sodium**: 40 mg
- **Total Carbohydrate**: 25 g
  - **Dietary Fiber**: 3 g
  - **Total Sugars**: 15 g
    - Includes 8 g Added Sugars
- **Protein**: 3 g
- **Vitamin D**: 0 %
- **Calcium**: 0 %
- **Iron**: 0 %
- **Potassium**: 28 mg
- **Phosphorus**: 0 mg