



Fudgy Black Bean Brownies

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

U.S.

1/2 cup	Quick Oats
1/2 cup	Chocolate Chips, semi-sweet
1 1/2 cup	Black Beans, canned, drained, rinsed
1/4 cup	Canola Oil
1/2 cup	Maple or Cane Syrup
1/2 tsp	Baking Powder
3 Tbsp	Cocoa Powder, unsweetened
1 tsp	Vanilla Extract
1/8 tsp	Salt

Metric

44 g
85 g
360 g
60 mL
156 g
2 g
16.5 g
5 mL
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 on Reverse**

11/18/20

Nutrition Facts

12 Servings

Serving size **2 mini brownies**

Amount per serving

Calories **180**

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
