

Hidden Black Bean Brownies



The perfect brownie balance of fudgy and cakey and no one will guess they are made with fiber and protein rich black beans for an added health boost!

YIELD 12 SERVINGS	PREP TIME 10 MIN	BAKE TIME 8-12 MIN
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INGREDIENTS

½ cup	Quick or Old-Fashioned Oats
1 ½ cups	Black Beans, canned, drained and rinsed
½ cup	Chocolate Chips, semi-sweet
¼ cup	Canola Oil
½ cup	Maple Syrup
½ tsp	Baking Powder
3 Tbsp	Cocoa Powder, unsweetened
1 tsp	Vanilla Extract
1/8 tsp	Kosher Salt

CHEF'S NOTES

Because these do not contain eggs, it is safe to under bake them for a fudgier brownie, if you prefer that texture. In this case, a toothpick would not come out clean.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 350°F (180°C). Spray a mini muffin pan (24 cups) with non-stick cooking spray and set aside.
2. In a blender, blend the oats on high speed to create a fine powder. Move the oat flour to a small bowl. Set the blender aside to be used again.
3. Drain the black beans in a colander and thoroughly rinse them off.
4. In a microwave safe bowl, add the chocolate chips and microwave for 30 seconds. Remove and stir. Microwave for another 30 seconds and stir vigorously, until thoroughly melted.
5. In the blender, combine the black beans, melted chocolate, oil, syrup, baking powder, cocoa powder, vanilla, and salt. Blend on high speed until very smooth.
6. Add the oats to the chocolate mixture in the blender and blend on low until just combined. Transfer the batter to the greased mini muffin pan. Fill cups 3/4 of the way (using a small scoop or tablespoon measuring spoon makes this easy).
7. Place the muffin tin in the oven and bake for 8-12 minutes. Check to see if they are done by inserting a toothpick into the center of the tallest one. If it comes out clean, they're done.

Nutrition Facts

12 servings per container

Serving Size 2 brownies (66 g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 9g 11%

Saturated Fat 2.5g 14%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 85mg 4%

Total Carbohydrate 28g 10%

Dietary Fiber 4g 15%

Total Sugars 15g

Includes 8g Added Sugars 16%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 1mg 8%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

