Black Bean Brownies

9 servings
40 minutes

Ingredients

2 cups Black Beans (cooked)
3 Egg
1/4 cup Coconut Oil (melted)
1 tsp Vanilla Extract
1/4 tsp Sea Salt
3/4 cup Cocoa Powder
1/4 cup Coconut Sugar
1/4 cup Raw Honey
1/2 tsp Baking Powder
100 grams Dark Chocolate (chopped and divided)
1/4 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	276
Fat	15g
Carbs	31g
Fiber	8g
Sugar	14g
Protein	9g
Cholesterol	62mg
Sodium	120mg
Vitamin A	97IU
Vitamin C	0mg
Calcium	62mg
Iron	4mg
Selenium	7µg

Directions

1. Preheat oven to 350°F (177°C) and line an 8 x 8 baking dish with parchment paper. (Use a bigger dish if making more than 9 servings.)
2. Add the cooked black beans and eggs to a food processor. Turn it on and stream in the coconut oil. Let the food processor blend for about 60 seconds, or until the black beans are very smooth.
3. Add vanilla, salt, cocoa powder, coconut sugar, honey and baking powder to the black bean batter. Blend until all incorporated, scraping down the sides of the bowl if needed.
4. Add half of the chocolate to the brownie batter and pulse 5 or 6 times until it is mixed in.
5. Transfer brownie batter to the prepared baking dish and smooth into an even layer. Sprinkle the remaining chocolate and the sliced almonds evenly over top of the brownies.
6. Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out with just a few moist crumbs.
7. Let the brownies cool completely before transferring to the fridge for at least 4 hours before cutting into squares. Enjoy!

Notes

Less Ingredients: Omit the dark chocolate and almonds if desired.
Leftovers: These brownies keep well in the fridge up to 4 days. Freeze for longer.