

# Black Bean Brownies - No Flour Required!



## Ingredients

1 1/2 cups black beans (1 15 oz can)      2 tsp pure vanilla extract  
rinsed well      1/2 tsp baking powder  
2 Tbsp cocoa powder      1/2 cup cup chocolate chips  
1/2 cup quick oats  
1/4 tsp salt  
1/2 cup maple syrup or honey  
1/4 cup vegetable oil

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## Instructions

Preheat oven to 350 degrees. Combine all ingredients except chips in a food processor, and blend until completely smooth. Really blend well. (A blender can work too) Stir in the chips, then pour into a greased 8x8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up!

## Nutrition Information Per Serving

Serving Size: Makes 9  
brownies  
Calories: 200  
Fat: 10 gms  
Saturated Fat: 2 gms  
Sodium: 200 mg  
Fiber: 4 gms  
Sugars: 18 gm  
Carbohydrates: 29 gm  
Protein: 3 gm