

I love brownies and these are healthy and delicious. Since the recipe calls for black beans, they have fiber and protein, a great bonus.

Black Bean Brownies

1 ½ cup black beans (1- 15 ounce can) drained and rinsed well

2 Tbsp. cocoa powder

½ cup quick oats

¼ tsp salt

1/3 maple syrup or honey

¼ cup coconut oil

2 tsp vanilla

½ tsp baking powder

½-2/3 cups chocolate chips (more for top optional)

Preheat oven to 350 Degrees

Combine all ingredients except chocolate chips in food processor. Blend well, stir in chips.

Bake in 8x8 greased pan 15-18 minutes

Let cool 10 minutes, if seemingly undercooked refrigerate overnight. Make 9-12 brownies

97 calories for 1/16th