

Black bean brownies



Ingredients

½ cup semisweet chocolate chips

½ teaspoon baking powder

1 teaspoon vanilla extract

¼ cup canola oil

½ cup maple or cane syrup

1/8 teaspoon kosher salt

½ cup quick oats

3 tablespoons unsweetened cocoa powder

1 ½ cups canned black beans, drained and rinsed

Directions

Gather all ingredients and equipment (mini-muffin pan, blender or food processor, spatula, bowls).

Preheat oven to 350 degrees F

In a blender, grind oats into fine powder. Pour ground oats to a medium-size bowl.

In the same blender, combine all other ingredients. Blend until very smooth then add the bowl of ground oats.

Mix well and transfer to a greased mini muffin pan.

Fill cups to just below the top.

Bake for 8-12 minutes until done.

Nutritional Information

Serves 6

180 calories

3 g protein

8 g fat

25 g carb

3 g fiber

45 mg sodium