



## **Black Bean Brownies**

Adapted from Recipe by Chocolate Covered Katie ([chocolatecoveredkatie.com](http://chocolatecoveredkatie.com))

Cook Time: 15 minutes

Total Time: 15 minutes

Yield: 9 - 12 brownies

1 1/2 cups black beans (1 15-oz can, drained and rinsed very well) (250g after draining)

2 tbsp cocoa powder (10g)

1/2 cup quick oats (40g) (See nutrition link below for substitutions)

1/4 tsp salt

1/3 cup sugar free maple syrup (75g)

2 tbsp sugar substitute of choice

1/4 cup coconut or vegetable oil (40g)

2 tsp pure vanilla extract

1/2 tsp baking powder

2/3 cup sugar-free chocolate chips

Preheat oven to 350 F.

Combine all ingredients except chips in a good food processor, and blend until completely smooth.

Stir in the chips, and then pour into a greased 8x8 pan. Cook for 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! Makes 12 brownies.