

Sneaky Bean Brownies

Prep Time

5 min

Cook Time

15-20 min

Servings

12

INGREDIENTS

- 1 15 oz can of black beans (rinsed and drained)
 - 2 tbsp cocoa powder
 - 1/2 cup steel cut oats
 - 1/3 cup pure maple syrup
 - 1/4 cup coconut oil
 - 2 tsp pure vanilla extract
 - 1/2 cup chocolate chips
- Optional: Slivered almonds or crushed walnuts*

DIRECTIONS

- Preheat oven to 350 degrees F
- Add all ingredients except for chocolate chips into food processor
- Blend until smooth
- Stir the chocolate chips into brownie mixture
- Pour brownie mixture into a greased 8x8 metal pan
- Top with almonds or walnuts if desired
- Bake for 15-20 minutes or until firm



Nutrition Info

Serving Size	1 piece
Calories	120
Fat	5.8 g
Saturated Fat	4.4 g
Protein	2.5 g
Total Carbohydrates	15 g
Fibre	3.6 g
Sugars	7.1 g
Cholesterol	0 mg
Sodium	5 mg
Calcium	14 mg
Iron	1 mg
Potassium	121 mg