

Sneaky Bean Brownies

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

Directions:

1. Preheat oven to 350F.
2. Add all ingredients (except for chocolate chips) to a food processor or blender.
3. Blend until smooth.
4. Stir the chocolate chips into the brownie mixture.
5. Pour the brownie mixture into a greased 8x8 metal pan.
6. Top with almonds or walnuts if desired.
7. Bake for 15-20 minutes or until firm.



*Allergens dependent on products used. If you have a food allergy check all product labels.

Nutritional Information:

- **Fat:** 5.8g
- **Saturated Fat:** 4.4g
- **Protein:** 2.5g
- **Total Carbohydrates:** 15g
- **Fibre:** 3.6g
- **Sugars:** 7.1g
- **Cholesterol:** 0 mg
- **Sodium:** 5 mg
- **Calcium:** 14 mg
- **Iron:** 1 mg
- **Potassium:** 121 mg

Source: Adapted from <https://chocolatecoveredkatie.com/2012/09/06/no-flour-black-bean-brownies/>



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