
BLACK BEAN BROWNIES

Recipe Source: [Stephanie Wagner, RDN, LDN](#)

Prep Time: 15 minutes

Cooking Time: 20 minutes

Makes about 9 brownies (in an 8x8in baking pan)

Ingredient

- 1 can (15-oz) black beans, rinsed and drained
- 1/3 cup cocoa powder
- 1/2 cup rolled oats
- 1/3 cup maple syrup
- 1/8 cup sugar
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 1/4 cup oil
- 2/3 cup chocolate chips

Instructions

- Preheat your oven to 350°F degrees and grease your 8x8 baking pan lightly with oil or cooking spray.
- Add beans, cocoa powder, rolled oats, maple syrup, sugar, baking powder, salt, egg and oil to a food processor or blender. Blend until mixture is smooth.
- Stir in 1/3 cup of chocolate chips and save the rest for later.
- Add the brownie mixture to the greased 8x8 pan. Add the remaining chocolate chips to the top and place in preheated oven. Bake for 17-20 minutes.
- Once cooked, remove from the oven and allow the brownies to cool for at least 10 minutes. The longer the brownies can cool and settle, the firmer they will be!
- Enjoy 😊