

# Black Bean Brownies

Author: Brittany Mullins Prep Time: 10 minutes Cook Time: 35 minutes

Total Time: 45 minutes Yield: 16 brownies Diet: Gluten Free

These are the BEST flourless black bean brownies!! No one will be able to tell that they're made with beans and maple syrup.

## INGREDIENTS

- 1 (15-ounce) can black beans, drained and rinsed
- 3 large eggs
- 1/3 cup melted coconut oil (butter works too if you're not a fan of the coconut flavour)
- 1/4 cup raw cacao powder (or cocoa powder)
- 1/8 teaspoon sea salt
- 1 teaspoon pure vanilla extract
- 1/2 cup pure maple syrup
- 1/2 cup gluten-free/dairy-free chocolate chips (I use Enjoy Life or Lily's)
- 1/3 cup chopped raw walnuts (optional)

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Grease an 8x8-inch baking pan.
3. Place beans, eggs, coconut oil, cacao powder, salt, vanilla, and maple syrup in the bowl of a food processor or blender and blend until smooth. Remove the blade and gently stir in your chocolate chips and walnuts, if using. (Another option is to sprinkle the walnuts on top of the brownie batter once you pour it into the pan.)
4. Transfer mixture to the prepared pan.
5. Bake for 35 minutes, or until brownies are set in the center and a toothpick comes out clean. Cool completely, cut into squares and enjoy!
6. Store brownies in the fridge for 3-5 days.