

From Susie Etienne

Black Bean Brownies

<https://chocolatecoveredkatie.com/no-flour-black-bean-brownies/>

These super healthy black bean brownies are the ultra fudgy and decadent chocolate treat.

Recipe from Chocolate Covered Katie (chocolatecoveredkatie.com)

Cook Time. 15 minutes

Yield. 9 - 12 brownies

Ingredients

- 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 pure maple syrup, honey, or agave (75g)
- pinch uncut stevia OR 2 tbsp sugar (or omit and increase maple syrup to 1/2 cup)
- 1/4 cup coconut or vegetable oil (40g) (See nutrition link for substitution notes)
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips (Not optional. Omit at your own risk)
- optional: more chips, for presentation

Instructions

- **Black Bean Brownies Recipe:** Preheat oven to 350 F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor. I use [this food processor](#).) Stir in the chips, then pour into a greased 8x8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 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 9-12 brownies. If you make this recipe, don't forget to leave a review! The trick with these: serve them first, and then reveal the secret ingredient. In all the times I've served bean desserts, not one single person who didn't know beforehand has ever guessed!

My substitutions are:

Instead of coconut or vegetable oil, use fruit such as applesauce for making chocolate brownies, raspberries for making raspberry brownies, or cherries for making cherry brownies. I also substitute Stevia for the sweetener instead of the honey etc. and increase liquid. I also substitute 1 ounce of raspberry liquor instead of sweetener for the raspberry, or 1 ounce of cherry liquor for the cherry brownies. I just played around with the recipe until I found one that worked for me, so have fun