

# Delicious Black Bean Brownies

**Serves:** 12 brownies

**Cook time:** 20-25 minutes

## Ingredients

- 1 can (15 ounces) black beans
- ½ cup semisweet chocolate chips, divided
- 3 tablespoons canola oil
- 3 large eggs, room temperature
- ⅔ cup packed brown sugar
- ½ cup baking cocoa powder
- 2 teaspoon vanilla extract
- ½ teaspoon baking powder

## Directions

1. Wash hands with soap and warm water.
2. Preheat oven to 350 °F.
3. Rinse and drain black beans.
4. In a food processor, combine beans, ¼ cup chocolate chips and oil. Cover and process until well-blended.
5. Add eggs, brown sugar, cocoa powder, vanilla, and baking powder. Cover and process until mixture becomes smooth.
6. Transfer mixture to parchment-lined 8-in. square baking pan. Sprinkle with remaining chocolate chips.
7. Bake at 350°F for 20-25 minutes or until a toothpick inserted in center comes out clean.
8. Cool on a wire rack. Cut into bars. Serves 12.

**Nutrition Facts:** 1 brownie: 167 calories, 7g fat, 2g saturated fat, 53mg cholesterol, 131mg sodium, 24g carbohydrate, 2g fiber, 4g protein.

*Recipe adapted from: Tasteofhome, 2021*

## Fun Facts and Tips for the Kitchen:

- Rinsing canned beans can reduce the amount of sodium by more than 40%.
- Canola oil is a vegetable-based cooking oil that has a very mild flavor. Use a mild flavored oil when you do not want flavors to compete for taste.
- Canola oil is a heart healthy oil. It is low in saturated fat and a good source of monounsaturated fat.
- If you do not have cocoa powder, and want to substitute Cacao, use baking soda as your leavening agent. Baking soda will react with Cacao powder because of the acidity, but less so with cocoa powder since it has been stripped of its acidity.



*Image source: Flickr.com, 2021*