

## GLUTEN-FREE BLACK BEAN & YAM BROWNIES

---



Yams and black beans seem like an odd combination for dessert but trust me, you and the kids won't even think about that when you are devouring these rich and chocolatey gluten-free treats!

Make sure to grind the gluten-free oats and almonds thoroughly to ensure a smooth consistency. Enjoy!

### **Ingredients:**

- 2 small peeled and steamed yams
- 1 can black beans - drained & rinsed
- 1 tsp vanilla
- 2 eggs

- 1/2 cup raw cacao powder
- 1/4 cup gluten-free ground oats
- 1/4 cup almond meal
- 2 tbsp coconut oil
- 1 tsp baking powder
- 3 tbsp maple syrup
- 1/4 tsp sea salt
- 2 tbsp brewed coffee
- 16 medjool dates (soaked for 1 hr prior to using & pitted)

## Directions

1. Preheat oven to 350F
2. Place all ingredients in a food processor and mix until a smooth paster is made.
3. Grease a baking pan and add mixture
4. Bake for 25-30 minutes
5. Top with extra almonds or berries or serve plain
6. Once cooled, store in fridge fresh to keep for several day.