

BLACK BEAN BROWNIES

(GLUTEN FREE)

Prep Time - 10 minutes Cook Time = 50 minutes

Makes 4 Servings - 9 large brownies

Preheat Oven - 350° (325° if using glass pan)

Grease and flour an 8" x 8" baking dish

Ingredients

2-15 oz cans of black beans

4 Tablespoons ground flax seed or flax meal

8 Tablespoons water

1 ½ Teaspoons baking powder

1 Teaspoon baking soda

1 cup dark cacao powder

½ cup light agave

¼ cup coconut sugar (or brown sugar)

3 Tablespoons coconut oil, melted

2 Tablespoons almond milk

½ cup dark chocolate chips

¼ cup walnuts, chopped



Instructions

Thoroughly rinse and drain the black beans. Grind the flax seeds in a food processor or use ground flax meal. Whisk together with 8 tablespoons of water and set aside to thicken for about 2 minutes.

Then make the batter: Combine all ingredients except the chocolate chips and the walnuts in a food processor and process until smooth (also add the soaked flax seed mixture).

Stir in chocolate chips. Pour batter into prepared pan. Sprinkle with the chopped walnuts.

Bake for about 50-55 minutes. Allow the brownies to cool before cutting.