



RECIPES

Black Bean Brownies

INGREDIENTS:

- 1 15-oz can black beans, drained and rinsed well
- 2 tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- ½ cup honey or maple syrup
- ¼ cup vegetable oil
- 2 tsp vanilla extract
- ½ tsp baking powder
- ½ to 2/3 cup chocolate chips

INSTRUCTIONS:

1. Preheat oven to 350°F. Combine all ingredients except chocolate chips in food processor or powerful blender. Blend until smooth.
2. Stir in chocolate chips and pour into greased 8x8 pan.
3. Cook brownies 15-18 minutes, let cool at least 10 minutes before trying to cut. If they still look a bit undercooked place them in the fridge until they firm up. Enjoy!

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From: <http://chocolatecoveredkatie.com/2012/09/06/no-flour-black-bean-brownies/>

