



## BLACK BEAN BROWNIES

### INGREDIENTS:

- 1 (15 oz) can black beans or 1½ cups home cooked beans, drained and rinsed very well
- ½ cup oatmeal
- 1/3 cup pure maple syrup
- ¼ cup applesauce
- 3 tablespoons cacao powder
- 2 teaspoons pure vanilla extract
- ¾ teaspoon Baking powder
- ¾ teaspoon salt

### SET A SIDE:

- 1/3 cup carob chips or dairy free chocolate chips.
- optional: more chips, for Frosting

### INSTRUCTIONS:

1. Preheat oven to 350 F.
2. Put oats in food processor and process until powdery.
3. Add remaining ingredients, except carob or chocolate chips and process until completely smooth.
4. Stir in the chips, then pour into a greased 9 x7 Pyrex dish.  
Or double the recipe and use an 8x8 or 9x9 Pan.
5. Cook the black bean brownies 15-18 minutes – Do not over bake - -  
Brownies will be moist, not dry
6. Immediately after removing from oven, Sprinkle additional chocolate chips over the top of brownies. Let sit for a few minutes to melt, then spread with an off set spreader or knife.
7. Let cool at least 30 minutes before cutting or until chocolate chip frosting is set.

Makes 12-15 brownies, depending on size of pan used, and the size of the brownies. These are super rich.