

BLACK BEAN BROWNIES

16 servings | 90 calories | 40-45mins

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INGREDIENTS

If you have a blender or food processor, you can use it to make these brownies.

Optional add-ins include chocolate chips, peanut butter, butterscotch chips or chopped nuts.

- Nonstick cooking spray
- 1 (15-ounce) can black beans or 1 3/4 cups cooked, cooled black beans
- 3 large eggs
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup cocoa powder

BAKING



1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.

Recipe can be found at: <https://cookingmatters.org/recipes/black-bean-brownies/>