



# BLACK BEAN BROWNIES

**1 15 OZ. CAN (~ 1 3/4 CUPS) BLACK BEANS, WELL RINSED AND  
DRAINED**

**2 LARGE EGGS**

**3 T COCONUT OIL, MELTED (OR SUB OTHER OIL OF CHOICE)**

**3/4 CUP COCOA POWDER (THE HIGHER QUALITY THE BETTER)**

**1/4 TSP SEA SALT**

**1 TSP PURE VANILLA EXTRACT**

**HEAPING 1/2 CUP RAW SUGAR, SLIGHTLY GROUND OR PULSED IN A  
FOOD PROCESSOR OR COFFEE GRINDER FOR REFINED TEXTURE**

**1 1/2 TSP BAKING POWDER**

**OPTIONAL TOPPINGS: CRUSH WALNUTS, PECANS OR SEMISWEET  
CHOCOLATE CHIPS**

- **PREHEAT OVEN TO 350 DEGREES.**
- **LIGHTLY GREASE A 12-SLOT STANDARD SIZE MUFFIN PAN (NOT MINI). MAKE SURE YOU'VE RINSED AND THOROUGHLY DRAINED YOUR BLACK BEANS AT THIS POINT.**
- **ADD ALL INGREDIENTS (BESIDES WALNUTS OR OTHER TOPPINGS) AND PUREE - ABOUT 3 MINUTES - SCRAPING DOWN SIDES AS NEEDED. YOU WANT IT PRETTY SMOOTH.**
- **IF THE BATTER APPEARS TOO THICK, ADD A TBSP OR TWO OF WATER AND PULSE AGAIN. IT SHOULD BE SLIGHTLY LESS THICK THAN CHOCOLATE FROSTING BUT NOWHERE CLOSE TO RUNNY.**
- **EVENLY DISTRIBUTE THE BATTER INTO THE MUFFIN TIN AND SMOOTH THE TOPS WITH A SPOON OR YOUR FINGER.**
- **OPTIONAL: SPRINKLE WITH CRUSHED WALNUTS, PECANS OR CHOCOLATE CHIPS.**
- **BAKE FOR 20-26 MINUTES OR UNTIL THE TOPS ARE DRY AND THE EDGES START TO PULL AWAY FROM THE SIDES. I FOUND MINE TOOK ABOUT 25.**
- **REMOVE FROM OVEN AND LET COOL FOR 30 MINUTES BEFORE REMOVING FROM PAN. THEY WILL BE TENDER, SO REMOVE GENTLY WITH A FORK. THE INSIDES ARE MEANT TO BE VERY FUDGY, SO DON'T BE CONCERNED IF THEY SEEM TOO MOIST - THAT'S THE POINT.**

**OPT OUTSIDE CO.**