



## **Black Bean Brownies    Total Time: 15m    Yield: 9-12 brownies**

### Ingredients

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well) (250g after draining)
- 2 tbsp cocoa powder (10g)
- 1/2 cup quick oats (40g) (See nutrition link below for substitutions)
- 1/4 tsp salt
- 1/3 cup pure maple syrup, honey, or agave (75g) To replace 1 cup of white sugar you can substitute it for 3/4 cup honey, or 3/4 cups maple syrup or 2/3 cup agave or 1 teaspoon stevia.
- pinch uncut stevia
- 1/4 cup coconut or vegetable oil (40g)
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips (115-140g) (Not optional. Omit at your own risk.)
- optional: more chips, for presentation

### Instructions

Black Bean Brownies Recipe: Preheat oven to 350 F. Combine all ingredients except chips in a good food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor. I use [this food processor](#).)

Stir in the chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies.

### Per Black Bean Brownie:

- Calories: 115
- Fat: 5.5g
- Carbs: 15g
- Fiber: 3g
- Protein: 2.5g



Healthy 3 Ingredient FLOURLESS Applesauce Brownies- SO easy, simple and super fudgy- NO butter, NO flour, NO sugar and NO oil needed at all!

Servings: 6

**1 cup unsweetened applesauce**

**1/2 cup drippy almond butter can sub for peanut, cashew or nut-free spread, like soy nut butter**

**1/4- 2/3 cup cocoa powder more cocoa yields a richer taste**

**Frosting of choice optional**

Instructions

Preheat the oven to 350 degrees and coat a small 4 x 6 or 6 x 6 loaf pan with cooking spray and set aside- A smaller pan yields thicker brownies.

In a large mixing bowl, add your applesauce and nut butter and mix well. If nut butter is too stiff, feel free to microwave until melted. Once mixed, add cocoa powder and mix until fully incorporated and a thick, silky batter remains.

Transfer brownie batter to loaf pan and bake for 35-40 minutes, or until a skewer comes out just clean. Allow the brownies to cool in the pan completely. Once cooled, refrigerate for several hours (even better, if overnight). Remove, top with optional frosting and slice into bars.

Notes

Brownies need to be kept refrigerated, but are also freezer friendly. They taste delicious thawed slightly, directly from the freezer.

Cooking time can vary, depending on your oven.