

Kate's Black Bean Brownies

A RECIPE BY KATE BRANT

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)
- 1/4 tsp salt
- 1/2 cup pure maple syrup
- 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.)

directions

- Preheat oven to 350 F.
- Combine all ingredients, except chips, in a food processor.
- Blend until completely smooth. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.)
- Stir in the chips, then pour into a greased 8×8 pan.
- Cook the black bean brownies 15-18 minutes
- 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.

OPTIONAL: SPRINKLE EXTRA CHOCOLATE CHIPS OVER THE TOP