

Black Bean Brownies

3 - ¾ cup servings



Ingredients

- 15 oz black beans (drained and rinsed in warm water)
- ¼ cup honey (can use maple syrup instead)
- ⅓ cup butter, melted
- 1 teaspoon vanilla extract
- ¼ cup sugar
- ¼ cup cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 large eggs
- ¾ cup chocolate chips (divided)

Directions

- 1 Preheat oven to 350 degrees Fahrenheit (177 degrees Celsius). Grease an 8×8" baking pan and set aside.
- 2 Put beans, melted butter, sugar and honey into the container of your (Vitamix) or food processor. Blend until well combined.
- 3 Add cocoa powder, salt, baking powder and vanilla. Blend until smooth.
- 4 Add in eggs and blend until just combined.
- 5 Mix in ½ cup chocolate chips by hand.
- 6 Pour into greased 8×8-inch pan and top with remaining ¼ cup chocolate chips.
- 7 Bake for 30 minutes or until the top is set and brownies are just barely pulling away from the sides.

Let cool, cut and enjoy!

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Notes

Origin: popularized in early 2010's, modern recipe

Health benefits of black beans:

- Healthy bones: strength, maintenance of structure and function - Calcium, magnesium, phosphorous, iron, copper, and zinc - In bone: 99% calcium, 60% magnesium, 85% phosphorus
- Manage Diabetes: studies show improved blood sugar, lipids, insulin sensitivity - 172g of cooked beans (1 15oz can) = 15g fiber.
- Lower heart disease risk - Quercetin and saponins in black beans protect the heart - Quercetin is anti-inflammatory and prevents the hardening of arteries caused by an accumulation of LDL cholesterol
- Vit B6 and Folate – prevents buildup of homocysteine, preventing damage to blood vessels and heart problems.

