

Black Bean Brownies with Walnuts

Makes 16 squares

A dense, moist brownie packed with cocoa polyphenols and bean nutrition. The beans replace the grains and some of the fat in this gluten-free, egg-free brownie. Protein, fiber, and antioxidants – what a way to get kids and grown-ups to eat their beans!

Ingredients

- 1 (15 oz.) can black beans, no salt added
- ½ cup honey or maple syrup
- ½ cup unsweetened cocoa powder
- 2 Tbsp. chia seeds
- 1 tsp. vanilla extract
- 3 Tbsp. canola oil
- ½ tsp. baking powder
- ½ cup dark chocolate chips
- ½ cup chopped walnuts

Directions

1. Preheat oven to 350 degrees.
2. Drain and rinse black beans.
3. Spray 8x8 inch baking dish with nonstick spray.
4. Place beans, honey, cocoa powder, chia seeds, vanilla, oil, and baking powder in a blender. Process until smooth. Scrape down sides of blender halfway through if needed.
5. Pour batter into baking dish.
6. Sprinkle chocolate chips and walnuts evenly across the top.*
7. Bake 45-50 minutes, until edges pull away from side of pan and brownies are firm.
8. Cool; slice into 16 squares.

*To keep nuts from getting too brown, press them into batter, or place foil on top in last half of baking time.

Calories: 149 per square

Source: Plant Powered for Life by Sharon Palmer