

BLACK BEAN BROWNIES

(gluten-, dairy-, and soy free)



- 1 (15.5 ounce) can of black beans (rinsed & drained)
- 3 eggs
- 3 Tbsp extra virgin olive oil (EVOO) OR coconut oil ☺
- ¼ cup cocoa powder
- 1 pinch of salt
- 1 tsp vanilla extract
- ¾ cup honey [or raw sugar—(can do ½ sugar and ½ honey)]
- ½ cup chocolate chips (or carob chips!)
- ***can also add your choice of nuts or peanut butter chips etc. Get creative ☺***

DIRECTIONS:

1. Preheat oven to 350 degrees. Lightly grease 8”x 8” baking dish. (or muffin pan too!)
2. Combine the black beans, eggs, OIL, cocoa powder, salt, vanilla extract, honey/sugar in a BLENDER; blend until smooth; pour the mixture into the baking dish. Sprinkle the chocolate chips (and other nuts, chips etc.) over the top of the mixture.
3. BAKE in the preheated oven until the TOP is DRY and the edges start of pull away from the sides of the pan. (takes about 30-40 MINUTES)