

Fudgy Black Bean Brownies

About the Recipe

93 Calories · 2 g Protein · 3 g Fiber

Dessert

Ingredients

Makes 16 Servings

- 2 tablespoons flax meal
- 1/4 cup (60 mL) water
- 1 1/2 cups (15 ounces; 384 g) canned low-sodium black beans or cooked black beans, drained and rinsed
- 1/2 cup (60 mL) canola oil (see below for oil-free option)
- 3/4 cup (65 g) high-quality cocoa powder
- 1/4 teaspoon sea salt
- 2 teaspoons (10 mL) alcohol-free vanilla extract
- 1/2 cup (100 g) organic cane sugar
- 1 1/2 teaspoons baking powder

Directions

1. Preheat the oven to 350 F. Line an 8-by-8-inch baking dish with parchment paper, enough so that a couple inches hang over the edges. Lightly grease if desired for easier removal.
2. Add the flax and water to a small bowl and whisk to combine. Set aside to thicken for 5 minutes.
3. Add the black beans, canola oil, cocoa powder, salt, vanilla, cane sugar, baking powder, and flax mixture to a food processor. Process to combine until a smooth batter is formed.
4. Transfer batter to the prepared baking dish and bake for 25-30 minutes until the sides have started to pull away from the edge and the top is dry.

[illegible]

Nutrition Facts

Per serving:

Calories: 93

Fat: 4 g

Saturated Fat: 0.62 g

% Calories From Fat: 42%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 13 g

Sugar: 7 g

Fiber: 3 g

Sodium: 84 mg

Calcium: 44 mg

Iron: 1 mg

Vitamin C: 0 mg

Beta-Carotene: 0 mcg

Vitamin E: 0 mg