

# Recipe Card

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## **Black Bean Brownies**

Recipe adapted from *Joyous Health* by Joy McCarthy

Yield: 24 small brownies

### **Ingredients:**

1 can (15 oz or 425 grams) no-salt Black Beans, drained and rinsed

3 Eggs

1/3 cup Coconut Oil

1/2 cup Sugar

1/4 cup Cacao Powder or Cocoa Powder

2 Tablespoons Chia Seeds

2 teaspoons Vanilla Extract

1/2 cup Pecans or Walnuts, chopped

1/4 - 1/2 cup Dark Chocolate Chunks or Chips

### **Directions:**

1. Preheat oven to 350 degrees F.
2. Grease or line an 8" baking pan. Sprinkle nuts on bottom of pan.
3. In a high power blender or food processor, blend beans, eggs, coconut oil, sugar, cacao, chia seeds, vanilla extract.
4. Pour into pan. Sprinkle top with chocolate.
5. Bake for 30 - 35 minutes. Cool before cutting into squares.

Nutritional Info for 2 brownies: 240 kcals, 7 grams Protein, 24 grams Carbohydrate, Fiber 5 grams, Added sugar 10 grams, Calcium 60 mg, Potassium 280 mg, Na 115 mg, Iron 2 mg, Magnesium 60 mg, Phosphorus 150 mg.

Gluten free

<http://www.healthiestbest.com/quick-and-healthy-meals>