

BLACK BEAN BROWNIES

Protein packed brownies. These brownies are refined sugar free, dairy-free, egg-free, and flourless. Recipe from Chocolate Covered Katie

 10 minutes

 25 minutes

 9.1 servings

INGREDIENTS

- 1.5 cups of beans, black, mature seeds, canned, low sodium [360 g]
- 1/2 cup of oats [78 g]
- 1/2 cup of syrups, maple [158 g]
- 2 tps of vanilla extract [8 g]
- 1/4 cup of vegetable oil, palm kernel [55 g] **or** 1/4 cup of oil, coconut [55 g]
- 1/2 tsp of leavening agents, baking powder, low-sodium [3 g]
- 1/2 cup of chips [6 oz package] of candies, semisweet chocolate [84 g]

COOKING METHOD

- 1° Preheat oven to 350 degrees F
- 2° Mix all ingredients except chocolate chips in food processor, blender, or by hand
- 3° Fold in chocolate chips
- 4° Bake in oven for 15-18 minutes

NUTRITIONAL INFORMATION

	PER 100 g	PER SERVING [82 g]	% DRI
ENERGY	262 kcal	214 kcal	11 %
FAT	12 g	9 g	15 %
FATTY ACIDS, TOTAL SATURATED	8 g	7 g	33 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	71 mg	58 mg	2 %
CARBOHYDRATE	37 g	30 g	10 %
SUGARS	19 g	16 g	—
FIBER	5 g	4 g	17 %
PROTEIN	5 g	4 g	—