Two-Bite Black Bean Brownies

Makes 20 servings

Ingredients Needed:

- ½ cup quick oats, ground until fine, or ¼ cup oat flour
- 1 ½ cups (one 15.25 ounce can) black beans, drained and rinsed
- 2 tablespoons cocoa powder
- ¼ teaspoon salt
- 2 tablespoons brown sugar, packed
- ½ teaspoon baking powder
- ½ cup pure maple syrup
- ¼ cup vegetable or canola oil
- 2 teaspoons pure vanilla extract
- ½ cup dark chocolate chips
Directions:

1. Preheat the oven to 350 degrees F.

2. Combine all ingredients except chocolate chips in a food processor or blender, and blend until completely smooth.


4. Pour into a greased 8×8 pan.

5. Optional: sprinkle extra chocolate chips or walnuts over the top.

6. Bake the black bean brownies for 25–30 minutes, then let cool for at least 10 minutes before trying to cut.

Notes:

● If they still look a bit undercooked, you can place them in the fridge overnight and they will firm up.
● We love to use local Maine maple syrup in this recipe!