



Black Bean Brownies



Recipe modified from *Chocolate Covered Katie*

Ingredients



- 1 1/2 cup black beans (1 15-oz. Can, drained and rinsed)
 - 2 Tbsp. cocoa powder
 - 1/2 cup oats
 - 1/3 cup maple syrup, honey, or agave
 - 2 Tbsp. sugar (or omit and increase maple syrup, honey, or agave to 1/2 cup)
 - 1/4 cup vegetable or coconut oil
 - 2 tsp. vanilla extract (optional)
 - 1/2 tsp. baking powder
 - 1/4 tsp. salt
 - 1/2 to 2/3 cup chocolate chips
- Yield: 12 brownies
Serving Size: 1 brownie



Directions



1. Preheat oven to 350 degrees F.
2. Combine all ingredients except chips in a food processor or blender and blend until smooth.
3. Stir in the chips, then pour into a greased 8x8 pan. (Optional: sprinkle extra chocolate chips over the top.)
4. Bake in oven for 15-18 minutes. Let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, place them in the fridge overnight, and they will magically firm up!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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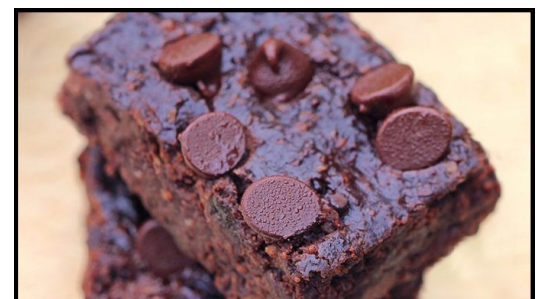


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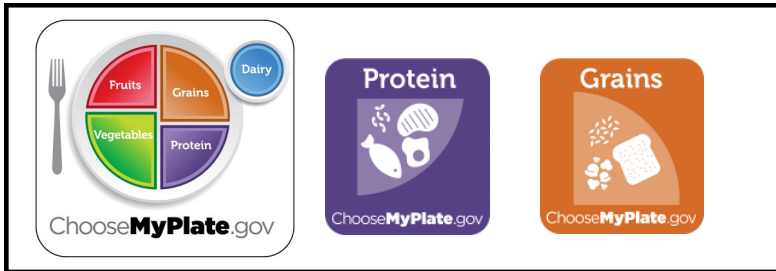
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Fast Facts



Featured Food Groups



Cooking Tips

- This recipe is a great gluten-free dessert option!
- Fold in walnuts when you add the chocolate chips for an added crunch.
- Serve these before you reveal the secret ingredient; no one will be able to tell there are black beans in them unless you tell them first!
- Nutrition facts are for vegetable oil and 1/3 cup honey and 2 tbsp. sugar option.

Second Harvest is an equal opportunity provider.

Nutrition Facts



Nutrition Facts

12 servings per container	
Serving size	1 brownie
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 12g Added Sugars	24%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1.26mg	8%
Potassium 376mg	8%

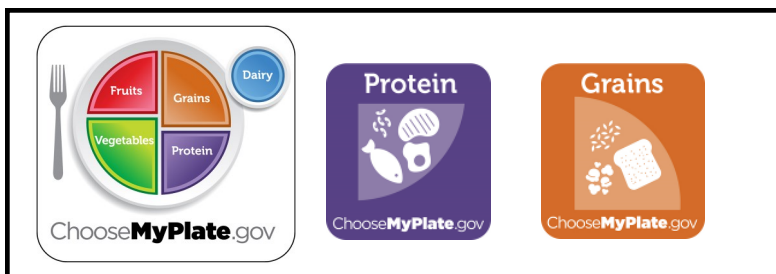
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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