

Black Bean Walnut Brownies

Ingredients

- 1 ½ cups black beans
- ½ cup maple syrup
- ¼ cup coconut oil (melted)
- 2 teaspoons vanilla
- 2 tablespoons cocoa powder
- ½ cup oats



Instructions

1. Preheat the oven to 350F.
2. Grease an 8x8 baking dish or line with parchment paper.
3. In a high powdered blender OR in a food processor, combine the ingredients in the order listed.
4. Process the ingredients until the batter is ultra smooth, approximately 2-3 minutes.
5. Fold in ¼ cup of the chocolate chips.
6. Spread the batter evenly in the prepared baking dish. Sprinkle the remaining chocolate chips and nuts (if using) on top of the batter.
7. Bake in the oven for 15-18 minutes, until the brownies are cooked through and set.
8. Allow to cool thoroughly before cutting.

Note:

This recipe is easy to double. Use a 9x13 pan and bake for 17-18 minutes so that the center is thoroughly cooked through.

** If you don't want to go through the trouble of folding in the chocolate chips (and dirtying another bowl), you can sprinkle them all on top. Alternatively, you can fold all the chocolate chips in too.*