Vegan Black Bean Brownies

★★★★★
5 from 2 votes

These moist rich Vegan Black Bean Brownies are extremely addictive. You would never know they are good for you!

Ingredients

- 15.5 ounces black beans drained and rinsed
- ½ cup superfine almond flour
- ½ cup cacao powder or cocoa powder
- 1 teaspoon baking powder
- ¼ cup tahini
- ½ cup maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract
- ½ teaspoon salt
- 1 cup semi-sweet chocolate chips divided
- Coconut oil (optional - if not using parchment paper)

Instructions

1. Preheat oven to 350°F.
2. Mix all ingredients except the chocolate chips in a food processor.
3. Fold in the chocolate chips, reserving ¼ cup.
4. Oil a 7 ½" x 9 ½" (or similar size) baking dish with coconut oil, or line it with parchment paper. Spread mixture into baking dish. Sprinkle the reserved chocolate chips on top.
5. Bake at 350°F for 25-30 minutes. Stick a toothpick in the brownies to test them, keeping in mind you may hit a chocolate chip so it may not appear clean.

Notes

Store in an airtight container in the fridge. They will last about a week. You can also store them at room temperature for a few days.

Nutrition

Calories: 315kcal | Carbohydrates: 40g | Protein: 9g | Fat: 15g | Saturated Fat: 6g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 4g | Trans Fat: 0.02g | Cholesterol: 1mg | Sodium: 137mg | Potassium: 476mg | Fiber: 9g | Sugar: 18g | Vitamin A: 17IU | Vitamin C: 0.3mg | Calcium: 93mg | Iron: 4mg

Recipe from Create Mindfully: https://createmindfully.com/vegan-black-bean-brownies/