Fudgy Black Bean Brownies

About the Recipe

93 Calories · 2 g Protein · 3 g Fiber
Dessert

Ingredients

Makes 16 Servings

- 2 tablespoons flax meal
- 1/4 cup (60 mL) water
- 1 1/2 cups (15 ounces; 384 g) canned low-sodium black beans or cooked black beans, drained and rinsed
- 1/2 cup (60 mL) canola oil (see below for oil-free option)
- 3/4 cup (65 g) high-quality cocoa powder
- 1/4 teaspoon sea salt
- 2 teaspoons (10 mL) alcohol-free vanilla extract
- 1/2 cup (100 g) organic cane sugar
- 1 1/2 teaspoons baking powder

Directions

1. Preheat the oven to 350 F. Line an 8-by-8-inch baking dish with parchment paper, enough so that a couple inches hang over the edges. Lightly grease if desired for easier removal.
2. Add the flax and water to a small bowl and whisk to combine. Set aside to thicken for 5 minutes.
3. Add the black beans, canola oil, cocoa powder, salt, vanilla, cane sugar, baking powder, and flax mixture to a food processor. Process to combine until a smooth batter is formed.
4. Transfer batter to the prepared baking dish and bake for 25-30 minutes until the sides have started to pull away from the edge and the top is dry.

5. Let cool for 30 minutes. Lift out of the pan with the parchment paper. Cut into 16 pieces. Insides will have a fudgy texture; that is OK. OIL-FREE: Omit the oil and use 1/4 cup (60 g) unsweetened applesauce.

Nutrition Facts

Per serving:
Calories: 93
Fat: 4 g
   Saturated Fat: 0.62 g
   % Calories From Fat: 42%
Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 13 g
Sugar: 7 g
Fiber: 3 g
Sodium: 84 mg
Calcium: 44 mg
Iron: 1 mg
Vitamin C: 0 mg
Beta-Carotene: 0 mcg
Vitamin E: 0 mg