



Black Bean Brownies – peanut free, flourless and too good!

I have been wanting to try this recipe for a long time and had not gotten around to it. The last time I had a black bean brownie was at Food For All Market (near Philadelphia) which caters to food allergies and intolerances, www.foodforallmarket.com.

Last weekend I bought a new food processor which was perfect to mix these black bean brownies that are just too good! They taste just like “regular” brownies but healthier and no flour so great for those who are gluten intolerant.

What a great healthy alternative to traditional brownies and nutrient rich! My almost 17 month old daughter loved these black bean brownies, I gave her a taste. I see myself making this again and again in the future and will feel good about giving it to my daughter. I also learned a bit about my new food processor. Making the recipe as is I could of used the smaller bowl that comes with my food processor. Also, I added the canola oil in earlier than the original recipe calls for so the beans would mix easier. Next time, I will double the recipe and may consider adding some raspberries or bananas!

Enjoy and let me know what you think if you make them!



Fudgy Black Bean Brownies – recipe by www.beaninstitute.com

Ingredients:

One 15-ounce can black beans, drained and rinsed
3 large eggs
3 tablespoons canola oil
3/4 cup granulated sugar
1/2 cup unsweetened cocoa powder
1 teaspoon vanilla

1/2 teaspoon baking powder
Pinch salt
1/2 cup semi-sweet chocolate chips, divided in half

Preparation:

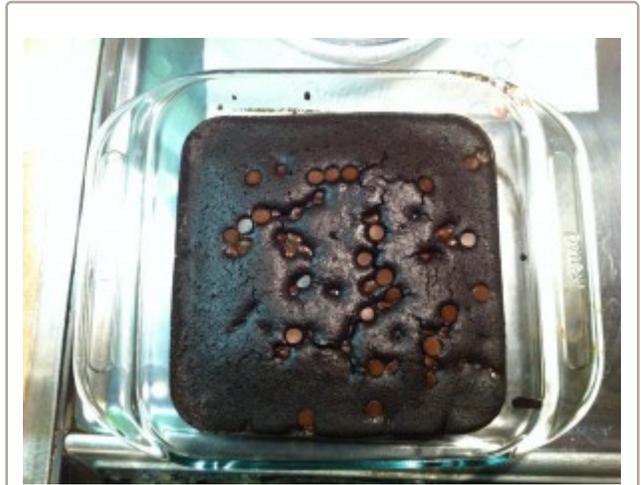
1. Preheat the oven to 350 degrees F. Spray 8" x 8" baking pan with non-stick cooking spray or oil.
2. Place black beans and oil in the bowl of a food processor and process until smooth and creamy. Add the eggs, sugar, cocoa powder, vanilla, baking powder, and salt and process until smooth. Add 1/4 cup of the semi-sweet chocolate chips and pulse a few times until the chips are incorporated.
3. Pour the batter into the prepared pan. Sprinkle the remaining 1/4 cup of semi-sweet chocolate chips on top.
4. Bake 30-35 minutes, or until the edges start to pull away from the side of the pan and an inserted toothpick comes out clean. Cool.
5. Cut into 2 inch squares. Makes 16, 2 inch squares. *They taste so good, it is easy to eat 2 servings at once, but then remember to multiply the nutrition information times 2.*

Nutrition Information Per Serving:

Calories: 120
Fat: 5 grams (1.5 saturated, 0.3 omega 3)
Protein: 3 grams
Carbohydrate: 18 grams
Fiber: 2 grams
Sodium: 95 mg

Variations (will alter nutrition content):

- double recipe and use a larger baking pan
- use dark chocolate cocoa powder
- use dark chocolate chips
- add 1/4-1/2 cup more chocolate chips
- add 1/2 cup raspberries
- add 1/2 teaspoon peppermint extract
- add 1/2 cups diced banana
- if not allergic, add 1/2 cup tree nuts (peanut free, like Blue Diamond Almonds)



After baking!



Yummy!