



← Recipe Card →

RECIPE NAME:

Black Bean Brownies

INGREDIENTS:

- 1 15 oz can or 1 1/2 C of Black beans, drained and rinsed
- 1 1/4 C Medjoul Dates (Softened)
- 2 TBS Almond Butter
- 1/2 C Carob Powder or Organic Cocoa Powder
- 1 TBS ground Flax
- 1 tsp Aluminum Free Baking Powder
- 1 tsp baking soda
- 1 tsp pure Vanilla
- UP TO 1/2 C Unsweetened Almond Milk

Optional Topping:

- 1 Avocado
- 1/2 C water
- 4 TBS Carob/ Cocoa Powder
- 5 Medjoul Dates
- 1/2 tsp pure vanilla

DIRECTIONS:

Line an 8" x 8" dish with parchment paper.

Preheat oven to 325 Degrees F. Using a food processor, process all ingredients except milk, using just enough milk to allow food processor to mix.

Bake for 35 Minutes

While this is baking.....

Blend your optional Topping ingredients.

When brownies are done baking, remove from oven allow to cool and then top with the Optional Topping.

Option: Sprinkle top with crushed pistachios.



