



Black Bean Brownies

Makes 16 1½" X 1½" brownies
Serving Size: 1 brownie

**1 can (15 oz) black beans,
drained and rinsed**

3 large eggs

3 TBSP vegetable oil

¼ cup cocoa powder

Pinch of Kosher salt

1 teaspoon vanilla extract

¾ cup granulated sugar

1 teaspoon instant coffee

Cooking spray

**½ cup chopped walnuts
or pecans or ½ cup
chocolate chips
(optional)**



- 1 Pre-heat oven to 350°. Lightly spray an 8x8 inch baking dish with cooking spray.
- 2 Combine beans, eggs, oil, salt, vanilla, sugar and instant coffee in a blender and blend until smooth.
- 3 Stir in optional ingredients and pour mixture into baking dish.
- 3 Bake in pre-heated oven until top is dry and edges pull away from the sides — about 30 minutes.
- 4 Let cool for at least 30 minutes before cutting into 16 pieces.