

Black Bean Brownies

Ingredients

- 1 can of black beans, well rinsed and drained
- 2 large eggs (or egg substitute such as aquafaba)
- 3 tablespoons of coconut oil
- 90g Cacao powder
- 1/4 tea spoon sea salt
- 100g Molasses sugar (for a less sweet version use 75g)
- 1 tablespoon of instant coffee dissolved in 3 tablespoons of warm water
- 1 1/2 tsp baking powder
- 150g Bag of dark chocolate chips (Beyond Dark are good)

Method

1. Preheat your oven to 350F/180C/gas mark 4
2. In a blender, food processor or even a smoothie maker add your wet ingredients first (eggs, water, oil)
3. Then add your black beans, cocoa powder, salt, sugar, coffee, baking powder & chocolate chips
4. Blend all of the ingredients until a smooth batter is made. The batter should be quite thick.
5. Line a 8" baking dish with baking paper
6. Pour the batter (it might take a bit of scooping out) onto the tray and smooth out evenly.
8. Bake in the oven for about 25 to 30 minutes. Check it is cooked by inserting a knife into the middle, if it is cooked the blade will be clean.
9. Turn out and allow to cool.

(gf/df, can be vegan, low sugar)