

Vegan Black Bean Brownies

The Zone @ UC San Diego

Ingredients

- 1 15 oz. can black beans, well rinsed and drained
- 2 large flax eggs (2 heaping tbsp. flaxseed meal and 6 tbsp. water)
- 3 Tbsp. coconut oil, melted
- ¾ cup cocoa powder
- ¼ tsp sea salt
- 1 tsp pure vanilla extract
- Heaping ½ cup organic cane sugar, slightly grounded for refined texture
- 1 ½ tsp baking powder

Instructions

1. Preheat oven to 350 degrees F
2. Lightly grease a 12-slot muffin tin. Make sure black beans are drained and rinsed.
3. Prepare flax egg by combining flax and water in the bowl of the food processor. Pulse a few times and then let rest for a few minutes
4. Add remaining ingredients into the food processor and puree-about three minutes- scraping sides as needed. Consistency should be smooth.
5. If the batter appears too thick, add a tablespoon or two of water and pulse again.
6. Evenly distribute batter into the muffin tin and smooth the tops with a spoon or finger.
7. Optional: Add any toppings if desired
8. Bake for 20-26 minutes or until the tops are dry and the edges pull away from the pan.
9. Remove from oven and let cool for thirty minutes. Remove gently with a fork. Insides are meant to be fudgy, so it's okay if they seem too moist.
10. Store in an airtight container for up to a few days. Refrigerate to keep longer

Recipe Notes

- Sprinkle any desired toppings before baking, nuts and coconut work especially well!

