

BLACK BEAN BROWNIES

INGREDIENTS (For 16)

- 2 eggs
- 1 can black beans
- 1 tsp olive oil
- 1 tsp vinegar
- 1 tbsp. water
- ½ cup of sugar
- ½ cup cocoa powder
- ½ tsp. baking powder
- ½ tsp. baking soda
- 2 tbsp. dark chocolate chips

INGREDIENTS

(Class Size: ~32)

- 4 eggs
- 2 cans black beans
- 2 tsp olive oil
- 2 tsp vinegar
- 2 tbsp. water
- 1 cup of sugar
- 1 cup cocoa powder
- 1 tsp. baking powder
- 1 tsp. baking soda
- 4 tbsp. dark chocolate chips

FACT

Black beans are a source of sticky fibre called “soluble fibre” that is heart healthy. Other foods with soluble fibre include oatmeal, ground flax seeds and carrots.



DIRECTIONS

1. In a food processor, blend the eggs, black beans, olive oil, vinegar and water.
2. Add the sugar, cocoa powder, baking powder, baking soda and blend until smooth.
3. Line an 8x8 square pan with parchment paper (or 2 pans for class size batch). Scoop the brownie batter into the pan(s) and smooth the surface.
4. Sprinkle the chocolate chips over the surface.
5. Bake at 350°F for 30 minutes.
6. Cut into squares and enjoy!

COOKING TIP

Parchment paper is an alternative to non stick spray in cake pans to make the final product easy to remove from the pan.