

# BLACK BEAN BROWNIES

*Serves: 9 (makes 9 brownies if using an 8"x 8" pan)*

## INGREDIENTS

- 6 pitted dates
- ¼ cup boiling water
- ½ cup whole wheat or spelt flour
- 1 tsp. baking powder
- ½ tsp. salt
- 1 15oz can black beans drained and rinsed
- 2 very ripe bananas peeled and chopped
- ¼ cup tahini or nut butter of choice
- 4 tbsp. cocoa powder
- ¼ cup dark chocolate chips or cacao nibs (optional)



## NUTRITIONAL INFORMATION

*Per serving (1 brownie)*

**CALORIES** 178

**PROTEIN** 6g

**FAT** 7g

**FIBER** 6.6g



## INSTRUCTIONS

1. Preheat oven to 350°F. Line an 8"x 8" baking pan with parchment paper
2. Add boiling water to dates and set aside to soften.
3. Combine flour and baking powder in a large bowl.
4. In a food processor, combine beans, bananas, dates with their liquid, cocoa powder, bananas and tahini (or nut butter if using) and pulse until a batter forms. If too dry, add 1 Tbsp. water or non-dairy milk at a time to moisten.
5. Scoop batter into flour mixture in the bowl and stir to combine. Add chocolate chips/cacao nibs if using and stir.
6. Scoop into the parchment-lined pan and bake in oven for 25-30 minutes until a butter knife inserted in the center comes out clean.

