



FORKS OVER KNIVES®

Decadent Brownies | by Lindsay Nixon

From *Happy Herbivore Abroad*

Serves 9



- 1 cup oat flour
- 1/4 cup unsweetened cocoa
- 1/2 teaspoon baking powder
- 1 cup light brown sugar
- 1 packet instant coffee (optional)
- 1/3 cup vegan chocolate chips
- 1/2 cup unsweetened applesauce
- 1/3 cup cooked or canned black beans (drained and rinsed)
- 1/2 cup blueberries (if frozen, thawed)
- 1 1/2 teaspoon vanilla extract

Instructions:

Preheat oven to 350° F and grease a 9-inch square pan or line with parchment paper and set aside. In a large mixing bowl, whisk oat flour, cocoa, baking powder, brown sugar, coffee and salt, if desired, until well combined and set aside. Heat chocolate chips in microwave for 20-40 seconds, just until they are soft, not totally melted. Combine chocolate with applesauce, beans, blueberries and vanilla in a food processor or blender and puree until smooth. Add wet mixture to flour mixture and stir to combine. It will look too dry at first—it's not; keep stroking until you have a thick and shiny batter. If it looks dry (dusted with flour), add a splash of nondairy milk, but you should not need it; keep stroking. Pour batter into prepared pan and bake for 20 minutes.

Tip: To make oat flour, pulverize rolled or quick oats in a dry blender at high speed until you have a flour consistency.