



Makes 16 brownies

Preparation Time: 15 minutes

Cook Time: 55 minutes

INGREDIENTS:

1 cup pitted dates

¾ cup whole wheat pastry flour

½ cup unsweetened dark cocoa powder

1 teaspoon regular or sodium-free baking powder

1 teaspoon ground cinnamon

½ teaspoon sea salt

1 15-oz. can black beans, rinsed and drained (1½ cups)

¾ cup mashed ripe banana

½ cup unsweetened applesauce

1 tablespoon flaxseed meal

2 teaspoon pure vanilla extract

½ cup unsweetened dried cherries

¼ cup unsweetened coconut flakes

Vegan Black Forest Brownies with Cherries

Black beans are the secret ingredient that make this plant-based twist on a classic recipe extra moist and chewy. Don't worry about the bean flavor: It's masked by the delicious combination of dark cocoa, dried cherries, and shredded coconut. A touch of cinnamon adds extra depth and warmth to this decadent dessert (make it **gluten-free** by using certified gluten-free flour). Simple to make and even easier to devour, whip up a batch of these brownies when your sweet tooth is craving a goodie that's also good for you!

From plants-rule.com

By Katie Simmons

- 1 Preheat oven to 350°F. Line a 9-inch square baking pan with parchment paper. In a bowl combine dates and ½ cup warm water; let stand at least 5 minutes to soften dates.
- 2 In a large bowl sift together the next five ingredients (through salt). In a food processor or blender combine dates with soaking liquid and the next five ingredients (through vanilla). Process until smooth.
- 3 Add bean mixture and the dried cherries to flour mixture. Stir to combine. Spread batter in prepared pan. Sprinkle coconut over top.
- 4 Bake 50 to 60 minutes or until a toothpick inserted in the center comes out clean and top starts to crack. Cool on a wire rack. Cut into 16 brownies. Store in an airtight container in the refrigerator up to 1 week or freezer up to 1 month.