



Makes 8 brownies
Cook Time: 1 hours

INGREDIENTS:

1 (15-ounce) can no-salt-added black beans, drained and rinsed (or 1½ cups cooked)

1 cup pure date syrup

½ cup unsweetened cocoa powder

¾ cup rolled oats

1 teaspoon baking powder

½ teaspoon baking soda

Unsalted pistachio nuts, finely chopped (optional)

Vegan semisweet chocolate pieces (optional)

Outrageously Healthy Black Bean Brownies

The next time you're craving rich, chewy, densely chocolaty goodness, make a batch of these black bean brownies. Cooked black beans keep them lusciously moist, while date syrup (also called date molasses) lends a caramel-like sweetness. If you can't find date syrup at the store, you can make your own by simmering equal amounts of chopped dates and water in a saucepan for 30 minutes, then allowing the mixture to cool before puréeing until smooth. The syrup can be strained through cheesecloth for more of a syrupy consistency, if desired. Store these healthy brownies in an airtight container for up to three days.

Recipe from chefajwebsite.com

<https://www.youtube.com/watch?v=sv3k8g8GR38>

By Chef AJ

- 1 Preheat the oven to 350°F. Line an 8- or 9-inch round cake pan with parchment paper (or use a silicone cake pan).
- 2 Combine the beans, date syrup, and cocoa powder in a food processor; process just until smooth. Add the oats, baking powder, and baking soda; process just until combined.
- 3 Spread batter into the prepared cake pan. Sprinkle with pistachios and chocolate pieces (if using). Bake for 35 minutes. Cool on a wire rack. Cut into wedges.