



Makes 16 brownies
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

¾ cup no-salt-added canned
black beans, rinsed and drained

¾ cup unsweetened applesauce

3 oz. unsweetened chocolate,
chopped

½ cup pure cane sugar

¼ cup unsweetened cocoa
powder

2 teaspoons pure vanilla extract

½ cup white whole wheat flour

½ teaspoon baking powder

½ teaspoon ground cinnamon

¼ teaspoon baking soda

¼ teaspoon salt

⅛ teaspoon cayenne pepper

1 teaspoon powdered pure cane
sugar (optional)

Mexican Chocolate Brownies

Black beans are a secret weapon of whole-food, plant-based bakers. Blended, they help create a fudgy base for chocolatey treats, such as [Outrageously Healthy Brownies](#) and these delicious vegan Mexican chocolate brownies. Cayenne pepper gives these rich brownies a little kick: Add more if you like the heat.

Craving more wholesome vegan desserts? Check out [these 5 Scrumptious Plant-Based Desserts](#).

By Carla Christian, RD, LD

- 1 Preheat oven to 350°F. Line a 9-inch square baking pan with nonstick foil or parchment paper, extending over edges.
- 2 In a food processor combine beans, applesauce, and chopped chocolate. Cover and process until smooth. Add granulated sugar, cocoa powder, and vanilla; cover and process until combined.
- 3 In a small bowl stir together the next six ingredients (through cayenne pepper). Add flour mixture to chocolate mixture. Cover and process just until combined.
- 4 Spread batter in the prepared baking pan. Bake 20 minutes or just until center is firm and edges are slightly puffed. Cool in pan on a wire rack. If desired, sprinkle with powdered sugar. Using foil (or parchment paper), lift brownies out of pan. Cut into squares.