

Black Bean Brownies



Ingredients (makes 8):

- 1 can (14oz) black beans, rinsed and drained
- 2 tablespoons cocoa powder
- 2 tablespoons raw cane sugar
- 4 tablespoons maple syrup or honey or agave
- 40g oats (I use 1 packet of Big Bowl Oat So Simple)
- 40g vegetable oil
- 2 teaspoons vanilla extract
- 1 scoop protein powder (I use PHD Smart Protein 'chocolate cookie' flavour)
- 1 teaspoon baking powder
- Pinch of salt
- 60g dark, dairy-free chocolate, coarsely chopped (or cocoa nibs)

Make:

1. Preheat oven to 180^o C and line an 8x8 inch baking tin with baking paper.
2. Add all ingredients except chocolate chips to a food processor and blend until the mixture is smooth. Fold in ½ the chopped chocolate pieces.
3. Spread mixture evenly into the prepared tin and then sprinkle the rest of the chopped chocolate on top. Bake for 15 minutes or until a skewer comes out clean.
4. Cool the mixture for 10 minutes on wire rack before cutting into 8 equally sized brownies.

