

Snack | Dessert

# **Gooey Chocolate Brownies**

**15 Mins Prep Time** 

**20-25 Mins Cook Time** 

**12 Servings** 

208 Calories 13g Fat 23g Carbs 2g Protein



# **Ingredients**

**35-40 Mins Total Time ♦ Allergens: Eggs, Gluten 12** Servings 34 Cup Canned Black Beans, drained and rinsed 1/2 Cup Extra Virgin Olive Oil 2 Eggs 1/4 Cup Unsweetened Cocoa Powder <sup>2</sup>/<sub>3</sub> Cup Sugar 1 Tsp Instant Coffee 1 Tsp Vanilla 1/2 Cup Mini Chocolate Chips, divided 1/₃ Cup Flour 1/2 Tsp Baking Powder 1/2 Tsp Salt 1/4 Cup Powdered Sugar (for dusting)

#### **Nourishment Note**



#### **®** Black Beans

Black beans contain a type of fiber important for helping to lower cholesterol levels, reducing the risk of heart disease. Black beans may also help lower inflammation in the body.

#### Allergen Swap

Eggs Use a commercial egg replacer

Gluten Use a cup-for-cup gluten-free flour



## **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Preheat Oven

Preheat the oven to  $350\,^{\circ}$  F. Line a 9 x 9-inch square baking pan with parchment paper.

#### 3. Puree Ingredients

In a blender, puree the rinsed black beans and extra virgin olive oil until smooth. Add the eggs, cocoa, sugar, coffee, and vanilla and blend well.

#### 4. Melt Chocolate Chips

In a microwave safe bowl, melt ¼ cup of the chocolate chips. Add the melted chocolate to the blender and blend well.

#### 5. Whisk Ingredients

In a bowl, whisk together the flour, baking powder, and salt. Add to the blender and blend until just incorporated.

#### 6. Pour Batter in Pan

Stir in the remaining chocolate chips and pour the batter into the prepared baking pan.

#### 7. Bake, Let Cool, & Serve

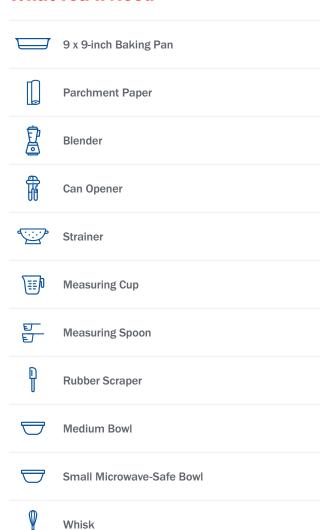
Bake for 20-25 minutes or until a tooth pick inserted in the center comes out clean. Let brownies cool, dust with powdered sugar and serve.

#### 8. Wash Hands

Wash hands with soap and water.

Recipe adapted from foodnetwork.com

### What You'll Need



- Pre-measure the flour, baking powder, and salt ahead of time. Mixture will keep in a sealed container for up to 3 days.
- · Brownies can be stored in the freezer for up to 3 months.