

Snack | Dessert

# Goopy Chocolate Brownies

**15 Mins**  
Prep Time

**20-25 Mins**  
Cook Time

**12**  
Servings

 **208** Calories **13g** Fat **23g** Carbs **2g** Protein



## Ingredients

 **12** Servings  **35-40 Mins** Total Time  **Allergens: Eggs, Gluten**

**3/4 Cup** Canned Black Beans, drained and **rinsed** 

**1/2 Cup** Extra Virgin Olive Oil

**2** Eggs

**1/4 Cup** Unsweetened Cocoa Powder

**2/3 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°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](https://www.foodnetwork.com)

## What You'll Need



9 x 9-inch Baking Pan



Parchment Paper



Blender



Can Opener



Strainer



Measuring Cup



Measuring Spoon



Rubber Scraper



Medium Bowl



Small Microwave-Safe Bowl



Whisk

- 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.