

Black Bean Brownies

Budget-friendly recipe

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Ready in: 40 mins.

These flourless brownies get their rich, fudgey flavor from a surprise ingredient: black beans.

Ingredients

1 Non-stick cooking spray

1 (15-ounce) can black beans *(or 1 ¾ cups cooked, cooled black beans)*

3 Large Eggs

3 tablespoons Canola oil

1 teaspoon Vanilla Extract

½ cup Brown Sugar *Packed*

⅓ cup Cocoa Powder

½ cup Chocolate Peanut butter or butterscotch chips Chopped nuts *optional*



What You'll Need

Measuring cup

Measuring spoons

Rubber spatula

9-inch square baking pan

Can opener

Colander

Fork

Directions

1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.

Chef Tips

If you have a blender or food processor, use it to make these brownies:

Put the eggs, oil and vanilla in a blender or food processor, pulse to mix. Add beans and blend until pureed and smooth, 1 to 2 minutes, scraping down the sides of the blender or food processor with a rubber spatula once or twice. Add sugar and cocoa, and blend until mixed, about 1 minute. Add chips or nuts (if using), and pulse once or twice to mix. Proceed with step four.

Nutrition Info and more

Serving size: 1 piece

Total calories: 90 Total fat: 4 g Carbohydrates: 11 g Protein: 3 g Fiber: 2 g Sodium: 100 mg