

Black Bean Brownies

Serving: 12

Ingredients

1 $\frac{1}{2}$ cups **cooked black beans** (*or 1-15 oz can, rinsed and drained*)

1 cup **unsweetened date syrup** (*or maple syrup*)

$\frac{1}{2}$ cup **unsweetened cocoa powder**

$\frac{3}{4}$ cup **rolled oats** (*gluten-free, if necessary*)

1 tsp **baking powder**

$\frac{1}{2}$ tsp **baking soda**

unsalted pistachio nuts, finely chopped (*optional*)

dairy-free chocolate chips (*optional*)

Directions

Preheat oven to 350 F.

Line an 8- or 9- inch round cake pan with parchment paper, or use a nonstick brownie pan.

In a food processor, combine beans, date syrup, and cocoa powder and process until smooth. Add oats, baking powder and baking soda. Process again until combined.

Spread batter into the prepared round cake or square brownie pan. If desired, sprinkle the pistachios and chocolate pieces on top. Bake 27-35 minutes depending on size of pan and thickness of batter.

Another option is to use an brownie pan that makes individual squares, or a cupcake/muffin pan, bake about 18 minutes.

