



CHOCOLATE BLACK BEAN BROWNIES

Credit: wholesomechild.com

INGREDIENTS

- 400g Black Beans, rinsed and drained
- 3 eggs
- 3 tbsp coconut oil, plus a little more for coating the baking dish
- 1/3 cup raw cacao powder
- 2 tbsp carob powder
- 1/4 tsp salt
- 3 tsp vanilla powder or extract
- 1 tsp baking powder
- 1/2-3/4 cup coconut sugar

METHOD

- 01** Preheat oven to 160°C.
- 02** Grease a small square baking dish with coconut oil.
- 03** Place all the ingredients in a blender and process at a high speed until smooth.
- 04** Place in oven and bake for 25-30 minutes. Check after 25 minutes by sliding a knife into the brownie. If it comes away clean, the brownies are ready.

Serving and storage: Allow to cool before cutting into little squares. Serve with coconut cream and fresh strawberries for a dessert treat.

Prep Time: 10 min

Cooking Time: 25-30 min

Servings: 16 mini brownies (approx)



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