

Chocolate Bean Brownies (Gluten-Free)

Yield: 9-12 brownies

INGREDIENTS

1 1/2 cups beans (can be any type of bean, we used a mixture from the garden. ~1 15-oz can, drained and rinsed very well or use dried beans, soak, boil and drain)
2 tbsp cocoa powder or raw cacao powder
1/2 cup quick oats (use gluten-free oats if you're allergic)
1/4 tsp sea salt
1/2 cup raw unpasteurized honey
1/4 cup coconut or vegetable oil
2 tsp pure vanilla extract
1/2 tsp baking powder
1/2 cup to 2/3 cup dark chocolate chips
optional: more chips on top, for presentation

METHOD

1. Preheat oven to 350°F.
2. Combine all ingredients except chips in a food processor, and blend until smooth. A blender will work as well, but the texture might be different.
3. Stir in the chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top.
4. Cook the black bean brownies 18-20 minutes or until a toothpick/fork inserted in the centre comes out clean. Let cook for ~10 minutes before cutting.
5. If the brownies are slightly undercooked, place them in the fridge or freezer to firm up!