

Black Bean Brownies



These easy to make, fudgy rich tasting brownies full of fiber, protein, antioxidants, phytochemicals and the fat used: all good for you!

Ingredients:

2 Tbsp ground flax seeds, mixed with $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup vanilla almond milk
 $\frac{1}{2}$ tsp apple cider vinegar
2 tsp vanilla
 $\frac{1}{2}$ cup whole wheat pastry flour (or your choice flour)
1 tsp baking powder
 $\frac{1}{2}$ tsp salt
1 - 14.5 oz can organic black beans, rinsed and drained
1 cup organic whole cane sugar such as succanat
 $\frac{1}{2}$ cup unsweetened organic, non-dairy cocoa powder
 $\frac{1}{2}$ cup walnuts or pecans, chopped
 $\frac{1}{4}$ cup grain sweetened, non-dairy chocolate chips

Chocolate Frosting (see recipe below)

Directions: Preheat oven to 350°F. Oil or spray an 8x8 or 9x13 baking pan. In a small dish, mix ground flax seed and water. In another small dish, mix almond milk and vinegar. In a medium bowl, combine flour, baking powder and salt, set aside. Stir flax mix again. In a food processor blend black beans, cocoa, sugar, vanilla, and the 2 mixtures of flax and milk. Process until very

smooth, scraping down the sides enough times to incorporate all ingredients. Add the dry ingredients and pulse a few times to combine. Add the chocolate chips and nuts right into the work bowl and stir to combine. Spread the batter into the pan and bake for 35 minutes or until a toothpick in the center comes out clean. **VEGAN**

CHOCOLATE FROSTING

Ingredients:

½ ripe avocado
2 cups confectioners (xxx) sugar
2 Tbsp warm vanilla almond milk
1½ Tbsp any nut butter (optional)
2½ Tbsp cocoa powder
2 tsp vanilla
½ tsp salt

Directions: In a glass measuring cup or jar, heat milk in microwave for 25 seconds. Add peanut butter and stir until smooth and creamy. In a food processor, pulse and then blend the avocado, xxx sugar, cocoa powder, vanilla, salt and milky nut mixture. Combine thoroughly and spread the frosting onto the brownies. Store in a covered container in the fridge for up to one week. **VEGAN**