



DARK CHOCOLATE BROWNIES

Yield: 12 pieces

Ingredients

- ❖ (1) 15 oz. can of black beans, drained and rinsed (*“Eden Organic”*)
- ❖ ¼ cup refined coconut oil (*“Spectrum”*)
- ❖ 2 large organic eggs
- ❖ ¾ cup natural (non-alkalized) cocoa powder (*“Shiloh Farms”*)
- ❖ 1 cup coconut palm sugar (*“Wholly Wholesome”, “Sweet Tree”*)
- ❖ 1 teaspoon pure vanilla extract
- ❖ 1/8 teaspoon cinnamon
- ❖ 1 ½ teaspoons baking soda
- ❖ ¼ teaspoon sea salt
- ❖ ½ cup dark chocolate chips (*“Sunspire Organic 65% Cacao Bittersweet Baking Chips”*)



Procedure:

1. Preheat oven to 350 degrees.
2. Lightly grease a 12-cup muffin pan with coconut or grapeseed oil
3. In a food processor, combine all ingredients except the chocolate chips. Blend until smooth. It should form a pudding like consistency.
4. Pour the batter into a bowl and using a rubber spatula fold in the chocolate chips.
5. Spoon the batter evenly into the muffin tin.
6. Bake in the oven for 10-12 minutes or until the tops are solid.
7. Remove from the oven and let cool for about 10 minutes before using a fork gently remove from the muffin tin.
8. Store in an airtight container for 2-3 days or in the refrigerator for longer.

Optional Toppings: *Crushed walnuts, pecans, shredded coconut.*