

Black Bean Brownies

Yield: 9 brownies
Prep Time: 10 minutes
Bake Time: 25-35 minutes
Equipment: 8-in x 8-in baking pan; foil

Ingredients

1 (15 oz) can black beans, rinsed and drained
¼ cup unsalted butter, melted
2 large eggs, room temperature
1 tsp pure vanilla extract
¼ cup packed light brown sugar
¼ cup granulated sugar
½ tsp kosher salt
½ cup unsweetened cocoa powder
½ tsp baking powder
¼ tsp instant espresso powder (optional)
½ cup nuts, chopped into small pieces (optional)
½ cup milk (or dark) chocolate chips + 2 Tbsp for topping
Flake sea salt, for topping (optional)

Method

- Preheat the oven to 350°F. Line an 8-in x 8-in baking pan with foil and lightly grease with cooking spray. Set aside.
- Place black beans, melted butter, eggs, and vanilla into your blender. Secure lid and blend until smooth
- Pour bean mixture into a medium mixing bowl.
- Add cocoa powder, baking powder, and espresso powder to the bowl. Whisk until smooth. Use a spatula to fold in chocolate chips and nuts (if using). Pour batter into the prepared baking pan and smooth the surface with a spatula.
- Sprinkle the remaining 2 Tablespoons of chocolate chips and flake salt over the top, then bake for 25-35 minutes, or until a toothpick inserted into the center comes out with a few crumbs and the top of the brownies begins to crack.
- Transfer the pan to a baking rack to cool completely before cutting. The longer the brownies cool, the more dense and fudgy they'll be- I like to place them in the fridge.

Notes

- The key with these brownies is to avoid overbaking them. Don't just set the timer and walk away! You should start to smell the chocolate, and the tops of the brownies will crack slightly. If you bake too long, the brownies will crumble when taken out of the pan.
- Brownies will keep in an airtight container in the fridge for up to 3 days.
- Substitution options: No brown sugar? Measure ¼ of granulated sugar and ½ teaspoon of molasses into a mixing bowl. Stir with a fork until completely mixed. No eggs? Note- they may alter the texture and baking time of the brownies: Replace with ½ cup of mashed banana, mashed sweet potatoes, or applesauce. Or try 6 Tablespoons smooth nut butter. Or mix 2 Tablespoons flax seeds with 6 Tablespoons warm water and let sit 5 minutes before using.