



# Black Bean Brownies

**Yield: 12 servings**

## Ingredients

- ⅓ cup chocolate chips
- ½ teaspoon baking powder
- 1 teaspoon vanilla extract
- 3 tablespoons canola oil
- ¾ cup maple syrup
- ¼ teaspoon kosher salt
- 1 cup quick oats
- ⅓ cup cocoa powder;  
unsweetened
- 3 cups black beans; canned  
drained, rinsed

## Instructions

1. Gather all ingredients, equipment and preheat oven to 350 degrees.
2. In a single-serving size blender, blend oats into a fine powder.  
Move the ground oats to a medium-size bowl.
3. In the same blender, combine all other ingredients. Blend until smooth and add to the bowl.
4. Mix well and transfer to a greased mini muffin pan. Fill cups to just below the top.
5. Bake for 8 to 12 minutes until done.

## Nutrition Information

**Serving Size:** 2 mini muffins

Calories: 190  
Total Fat: 6.1 g  
Monounsaturated fat: 2.9 g  
Polyunsaturated fat: 1.2 g  
Saturated fat: 1.4 g  
Sodium: 51.3 mg  
Total Carbs: 31.3 g  
Dietary Fiber: 4.7 g  
Sugars: 41.7 g  
Protein: 5.1 g

Source: Health meets Food

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