Black Bean Brownies

Makes 12 brownies
These brownies are absolutely delicious and good for you! If using unsalted beans, you can add a pinch of salt to the recipe, if desired.

Ingredients

1-1/2 cups (375 ml) cooked black beans or 1 can (15 oz/450 ml) black beans, drained and rinsed

1 cup (250 ml) dates (steam, if dry)

3 tablespoons (45 ml) almond or other nut butter

1 teaspoon (5 ml) vanilla

1/3 cup (80 ml) cocoa powder

3 tablespoons (45 ml) ground chia or flax seeds

½ cup (125 ml) coarsely chopped walnuts

Instructions

1. Preheat oven to 200 degrees F (95 degrees C).
2. Spray an 8 x 8-inch (20 x 20 cm) baking pan or line the pan with parchment paper.
3. Process all ingredients except the walnuts in a food processor and process until smooth.
4. Fold in walnuts and pulse just to distribute walnuts through the dough.
5. Pat into the baking pan. Cover with foil and bake for 1 1/2 hours.
6. Cool. Frost with Cocoa Fudge Frosting. Store in the refrigerator or freezer.

Cocoa Fudge Frosting

½ cup (125 ml) dates

¾ cup (185 ml) boiling water

¼ cup (60 ml) cocoa powder

½ cup nut or seed butter

1 teaspoon (5 ml) vanilla

1. Put the dates in a heatproof bowl. Add the boiling water and let soak until soft, about 10 minutes.
2. Transfer the dates and the soaking liquid to a food processor.
3. Add the nut butter, cocoa powder, and vanilla extract and process until smooth, stopping occasionally to scrape down the bowl.

