Black Bean Brownies

Dessert

Serves: 16

**Items Needed:** can opener, colander, food processor or blender, mixing spoon, 8x8 baking pan

**Ingredients:**

- Cooking spray
- 1 ½ cup canned black beans, rinsed and drained
- 2 Tbsp. cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- 1/3 cup maple syrup or honey
- 2 Tbsp granulated sugar
- ¼ cup canola oil
- 2 tsp pure vanilla extract
- ½ tsp baking powder
- ½ cup chocolate chips

**Directions:**

1. Preheat oven to 350 degrees F. Grease an 8x8 baking pan with cooking spray and set aside.
2. Combine all ingredients except chocolate chips in a food processor or blender.
3. Puree until a smooth consistency is achieved.
4. Stir in chocolate chips with a mixing spoon.
5. Pour mixture into greased baking pan.
6. Bake for 15-18 minutes, or until a knife inserted in the center comes out clean. Remove and let cool.

**Information (per 1/16 of recipe):**

Calories: 90 cal  Fat: 4 g  Carbs: 11 g  Protein: 1.5 g  Fiber: 1.5 g  Sodium: 83 mg

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