

# Fudgy Black Bean Brownies

**Servings:** 12 (Two mini muffins per serving)

**Cooking Time:** 30 minutes

## Ingredients

- ½ cup quick oats
- ½ cup semisweet chocolate chips
- 1 15 oz. can of no-salt-added black beans, drained and rinsed thoroughly
- ¼ cup canola oil
- ½ cup maple syrup
- ½ tsp baking powder
- 3 Tbsp dry, unsweetened cocoa powder
- 1 tsp vanilla extract
- 1/8 tsp salt

## Instructions

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
3. In a small blender, blend the oats on high speed to create a fine powder.
4. Move the oats to a medium-sized bowl. Set aside.
5. In a microwave-safe bowl, add the chocolate chips and microwave for 30 seconds.
6. Remove and stir.
7. Microwave for another 30 seconds or until thoroughly melted.
8. Drain black beans in a colander and thoroughly rinse them off.
9. In a pitcher blender, combine chocolate, black beans, oil, syrup, baking powder, cocoa powder, vanilla, and salt. Blend on high speed until very smooth.
10. Fold the oats and chocolate mixture together and transfer to a greased muffin pan.
11. Fill cups ¾ of the way to the top.
12. Bake at 350°F (180°C) for 8 to 12 minutes or until a toothpick inserted in the center of a brownie comes out mostly clean.
13. Cool for 5 minutes before removing from the muffin tin.

Cost

| Ingredient                              | Amount  | Estimated Cost       |
|-----------------------------------------|---------|----------------------|
| Quick oats                              | ½ cup   | \$0.20               |
| Semisweet chocolate chips               | ½ cup   | \$1.75               |
| 15 oz. can of no-salt-added black beans | 1 can   | \$1.00               |
| Canola oil                              | ¼ cup   | \$0.20               |
| Maple syrup                             | ½ cup   | \$2.00               |
| Baking powder                           | 1/2 tsp | \$0.02               |
| Unsweetened cocoa powder                | 3 Tbsp  | \$0.30               |
| Vanilla extract                         | 1 tsp   | \$0.15               |
| Salt                                    | ½ tsp   | -                    |
| Cost per Serving                        |         | ~ \$0.47 per serving |

Nutrition Facts

| Nutrition Facts                                                                                                                                                 |                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| 24 servings per container                                                                                                                                       |                |
| Serving size                                                                                                                                                    | 2 Brownies     |
| Amount Per Serving                                                                                                                                              |                |
| Calories                                                                                                                                                        | 150            |
|                                                                                                                                                                 | % Daily Value* |
| Total Fat 7g                                                                                                                                                    | 9%             |
| Saturated Fat 0g                                                                                                                                                | 0%             |
| Trans Fat 0g                                                                                                                                                    |                |
| Sodium 70mg                                                                                                                                                     | 3%             |
| Total Carbohydrate 21g                                                                                                                                          | 8%             |
| Dietary Fiber 0g                                                                                                                                                | 0%             |
| Total Sugars 0g                                                                                                                                                 |                |
| Includes 0g Added Sugars                                                                                                                                        | 0%             |
| Protein 3g                                                                                                                                                      | 6%             |
| Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.                                                                               |                |
| *The % Daily Value (DV) tells you how much a nutrient in a serving food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                |