



Double Chocolate Flour-less Brownies

These brownies make use of a popular pantry ingredient - and it's NOT flour! Black beans are super healthy for you. Half a cup of cooked beans contains over 8g of both fibre and protein! You can buy them canned or dry - either way they are affordable. Keep a can or bag in your pantry and try this recipe at your next gathering. Who said brownies weren't healthy?

Ingredients

- **2 cups** cooked black beans(or 1-15 oz. can, drained and rinsed)
- **3** large eggs
- **1/3 cup** butter
- **100 grams** good quality dark chocolate
- **1/4 cup** cocoa powder
- **1/8 tsp.** salt
- **2 tsp.** vanilla extract
- **1/2 plus 2 tbsp.** sugar

Optional:

- **2 tsp.** espresso powder
- **1/2 cup** chocolate chips
- **1/3 cup** chopped, toasted walnuts or pecans

Directions

1. Butter bottom and sides of 8" square pan and line with parchment.
2. In a bowl, over hot water, melt butter with chocolate. Stir until smooth, and cool to room temperature.
3. Into the jar of blender, place beans, eggs, butter- chocolate mixture, sugar, cocoa, salt and vanilla. Blend until smooth, stopping to scrape the sides of the blender jar several times.
4. If using chocolate chips and/or nuts, remove the blade and stir them in.
5. Transfer the batter to the prepared pan and bake in a 350 degree oven for 25-30 minutes or until just set in the center.
6. If you wish, sprinkle chocolate chips over the warm brownies, and wait a few minutes for them to melt. Spread gently over the brownies and cool completely before cutting.
7. (If you use the chocolate chips, be sure to cut the brownies before you refrigerate them, so the chocolate topping is still at room temperature.)