

Black Bean Brownies – Recipe by MKNH Naturopath, Kirra Morrill

Wheat Free – Dairy Free – Low Sugar – High Fibre

THE INGREDIENTS

- 1 cup rolled oats (wheat-free if needed)
- ¼ cup flaxseed meal (linseed meal)
- 6 tblsp unsweetened cacao powder
- ⅓ cup almond milk
- 3 tblsp melted coconut oil
- 1 egg (free range)
- 1 can organic black beans, drained and rinsed
- ½ cup honey
- ¼ tsp baking soda (aluminum-free)
- ¼ tsp Sea salt
- 1 cup almonds or walnuts, roughly chopped

THE METHOD

- Preheat the oven to 190 degrees Celsius.
- Add the oats, flax meal, cacao powder, salt and baking soda to the bowl of a food processor, and blend until they form a flour-like consistency.
- Next, add almond milk, coconut oil, egg and honey, and blend 10-20 seconds or until well combined.
- Add in the black beans, blend 10-20 seconds or until the mixture has formed a thick batter. Taste the batter and add more honey and cacao powder if needed. It wants to be similar consistency to a normal brownie mix.
- Line 8x8 pan with parchment paper, then pour the batter into the lined pan. Smooth the top with a spatula and sprinkle over the nuts
- Bake in the oven for 20-22 minutes. I like my brownies gooey on the inside, if you prefer yours to be more done, bake additional 2-3 minutes. Removing them from the oven when they are still a little underdone is what makes them so fudgy and moist. The longer they bake, the dryer they will be.
- Eat while warm or store them in refrigerator for up to a week