



Blackies (Black Bean Brownies)

Recipe courtesy of Malia Dell, Food that Works: Real Meals to Survive the 9 to 5

To everyone's amazement, these Blackies are fudgy and delicious. You won't taste one single bean. No one EVER needs to know these brownies have beans in them. Blackies are packed with protein and have half the carbs and sugar of traditional flour brownies.

Note: You will need a hand immersion blender, food processor or blender.

2 teaspoons safflower oil to grease the pan
1 (15-ounce) can black beans, rinsed well and drained
1/2 cup instant oats
1/4 cup cocoa powder, unsweetened
1/2 teaspoon baking powder
1/4 teaspoon salt
1/4 cup safflower oil
2 teaspoons vanilla extract
1/4 cup honey
1/4 cup maple syrup or packed brown sugar
1/2 cup semisweet chocolate chips
1/2 cup chopped walnuts

Heat oven to Bake 350°F. Position a rack in the middle of the oven. Grease an 11- x 7-inch baking pan or 8-inch square baking pan (glass, ceramic or tin) with the oil, spread with your hands or a paper towel to coat all surfaces.

Place the beans in a deep mixing bowl. Add the oats, cocoa powder, baking powder, salt, oil, vanilla, honey and maple syrup; mix well.

Puree using a hand immersion blender, food processor or blender until completely smooth.

Add the chocolate chips, stir. Taste. Pour batter into baking dish; smooth out top with back of a spoon.

Sprinkle with the walnuts, gently pat them down into the batter so they stay on the brownies.

Bake on the middle rack until the center of the brownies is firm. Set timer for 35 minutes.

Allow to cool fully. Cover with plastic wrap and refrigerate overnight. Cut the brownies and serve cold.