

## Tara's Black Bean Brownies

### INGREDIENTS:

- o Olive oil cooking spray
- o 1 oz dark organic chocolate (70% cocoa or greater)
- o 1 1/2 cups soft-cooked black beans, rinsed and drained
- o 2 eggs
- o 1 egg white
- o 2 tbsp olive oil
- o 1/4 heaped cup unsweetened cocoa powder
- o 1 tsp baking powder
- o 1 tsp pure vanilla extract
- o 1/4 cup unsweetened applesauce
- o 1/2 cup raw organic honey
- o 1/4 to 1/2 cup unsalted walnuts, chopped
- \* Personal modification: I added 3 tbsp flax to thicken the mixture a little bit

### INSTRUCTIONS:

- o Preheat oven to 350°F. Mist 8 individual ramekins or 1 8-inch square baking dish with cooking spray.
  - o Melt dark chocolate in a small saucepan over low heat with 1 tbsp water mixed in.
  - o Combine melted chocolate, beans, eggs, egg white, oil, cocoa powder, baking powder, vanilla, applesauce and honey in a food processor; process until smooth. Stir in walnuts and pour mixture into prepared ramekins or baking dish.
- Bake in preheated oven until the tops are dry and the edges start to pull away from the sides, about 20 minutes for ramekins and 30 minutes for baking dish. Garnish each piece with a dollop of nonfat Greek-style yogurt, if desired.