

Black Bean Brownies

Ingredients

1 15 oz. can (~ 1 3/4 cups) black beans, well rinsed and drained
2 large eggs
3 TBS coconut oil, melted (or sub other oil of choice)
3/4 cup cocoa powder (the higher quality the better)
1/4 tsp sea salt
1 tsp pure vanilla extract
1/2 cup XYLITOL
1 1/2 tsp baking powder

Instructions

- Preheat oven to 350 degrees.
- Lightly grease a pan

- Mix all ingredients (besides walnuts or other toppings) in a blender. You want it pretty smooth.
- If the batter appears too thick, add a Tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.
- Optional: Sprinkle with crushed walnuts, pecans or chocolate chips.
- Bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides.