

FUDGY BLACK BEAN BROWNIES



INGREDIENTS

1 1/2 cups quick oats
3 oz. semisweet chocolate chips
1 (15 oz.) can black beans, drained
and rinsed
1/4 cup canola oil
1/2 cup maple syrup
1/2 tsp baking powder
3 Tbsp cocoa powder, unsweetened
1 tsp vanilla extract
1/8 tsp salt

DIRECTIONS

1. Heat oven to 350 F.
2. Blend oats on high speed to create a fine powder and pour them into a large bowl.
3. In a separate, microwave-safe bowl, microwave chocolate chips for 30 seconds; then stir.
4. In a blender, add drained beans, chocolate, oil, syrup, baking powder, cocoa powder, vanilla and salt, and blend until smooth.
5. Add the bean mixture to the bowl and fold in blended oats.
6. Fill lined or greased muffin tins 3/4 full.
7. Bake for 8-12 minutes.