

Black Bean Brownies

Yield: 12 servings

- Ingredients:**
- 1 (15-ounce) can low-sodium black beans, drained and rinsed (about 1 1/2 cups)
 - 2 large eggs
 - 3 tablespoons canola oil, or other flavorless oil
 - 1 teaspoon vanilla extract
 - 1/4 cup unsweetened cocoa powder
 - 2/3 cup granulated sugar
 - 1 teaspoon baking powder
 - 1/4 teaspoon salt
 - 1/2 teaspoon instant coffee (optional)
 - 1/2 cup semi-sweet chocolate chips

- Directions:**
1. Preheat oven to **350° F**. Grease the cups of a standard muffin tin.
 2. Add the beans, eggs, oil and vanilla to a blender or food processor. Blend on high speed until smooth.
 3. To the blender or food processor, add the cocoa powder, sugar, baking powder, salt and instant coffee (if using) and blend until smooth.
 4. Transfer the batter to a bowl and stir in the chocolate chips.
 5. Pour the batter into the greased muffin tin, filling each cup halfway. Bake for **12 to 17 minutes**, or until the edges are visibly cooked and the center doesn't jiggle much when you shake the tin. A toothpick may still come out a little gooey, but that's fine!
 6. Allow brownies to cool before removing from muffin tin.
 7. Store at room temperature for up to five days. For more fudge-like brownies, store in the fridge for up to one week.