Black Bean Brownies

Ingredients
- 1 x 15oz can black beans
- 2 x eggs
- ½ a large ripe avocado
- 1 tablespoon melted coconut oil
- ½ cup cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon fine salt
- 1 teaspoon vanilla extract
- 2/3 cup brown sugar
- 1/3 cup chocolate chips
- 2 tbsps crushed walnuts (optional for topping)

Recipe adapted from: https://www.ambitiouskitchen.com/2016/11/healthy-avocado-black-bean-brownies/

Making it
1. Preheat oven to 350°F.
2. Spray an 8 x 8 baking tray lightly with olive oil
3. Rinse and drain the black beans
4. Blend all ingredients except the chocolate chips in a food processor until there are no lumps.
5. Fold 1/3 cup of chocolate chips into the brownie batter
6. Pour the batter into the baking tray. Sprinkle with nuts if using.
7. Bake for 35 minutes until cooked (if you insert a knife it should emerge relatively clean)
8. Cool completely and cut into 12 servings.

NUTRITION FACTS
Servings: 12
PER SERVING
Calories (kcal): 132
Fat (g): 4.6
Carbohydrate (g): 19
Fibre (g): 3.6
Protein (g): 4

TIPS & HINTS
These brownies freeze really well so make a batch, cut them up and pop in the freezer.