



Flourless Black Bean Brownies

Prep: 5 minutes | Cook: 30 minutes | Chill: 10 minutes | Total: 45 minutes

Yield: 16 servings | Serving Size: 1 (1x1-inch) brownie

Ingredients

Nonstick cooking spray

1 (15-ounce) can no-salt-added black beans, drained and rinsed

2 eggs

$\frac{3}{4}$ cup sugar

$\frac{1}{2}$ cup unsweetened cocoa powder

1 tablespoon milk (dairy or non-dairy milk alternative)

1 teaspoon balsamic vinegar

1 teaspoon olive oil

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon ground coffee or instant coffee

Pinch salt

$\frac{3}{4}$ cup chopped dark chocolate or dark chocolate chips ($\geq 70\%$ cacao), divided

Directions

1. Preheat the oven to 350°F.
2. Coat the inside of an 8x8-inch baking pan with cooking spray and set aside.
3. Add the beans to the pitcher of a food processor or blender, and pulse until broken down, about 10-15 pulses.
4. Scrape down the sides and add the eggs. Pulse until well-combined, about 10-15 pulses.
5. Add the sugar, cocoa powder, milk, vinegar, oil, baking powder, baking soda, coffee, and salt. Pulse or blend on low speed until fully combined.
6. Transfer the mixture to a mixing bowl and stir in $\frac{1}{2}$ cup of the chocolate.
7. Transfer the mixture to the prepared baking pan, spreading it to the edges.
8. Sprinkle the top with the remaining $\frac{1}{4}$ cup of chocolate.
9. Bake until a toothpick inserted in the center comes out clean with no batter or crumbs, about 25-30 minutes.
10. Let cool in the pan for at least 10 minutes.
11. Cut the brownies into 16 squares and serve.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 3.5 g | Saturated Fat: 2 g
Sodium: 65 mg | Total Carbohydrate: 17.5 g | Dietary Fiber: 2 g | Protein: 2.5 g**

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