Healthy Results System, Inc
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Vegan Gluten-free Black Bean Brownies

Black bean brownies that require just one bowl and about 30 minutes to prepare. Healthy, easy and delicious—the best kind of dessert!

Ingredients:

1. 1 15 oz can black beans
2. 2 large flax eggs (2 heaping tbsp ground flaxseed + 6 tbsp water)
3. 3 tbsp coconut oil melted
4. 3/4 cup cocoa powder or raw cacoa powder
5. 1/4 tsp sea salt
6. 1 tsp pure vanilla extract
7. 1/2 heaping cup organic cane sugar or coconut sugar
8. 1 1/2 tsp baking powder
9. 1 tbsp espresso powder (optional)
10. 1/2 cup mini chocolate chips
11. 1/2 cup toasted walnuts chopped

Directions:

1. Preheat oven to 350 degrees
2. Lightly grease 12 cup muffin tin
3. Drain black beans thoroughly
4. Prepare flax eggs by combining flax meal with water and let sit about 10 minutes until mixture has the consistency of eggs whites
5. Add flax eggs, black beans, coconut oil, cocoa powder, salt, vanilla, sugar, baking powder, espresso powder to food processor. If mixture looks to thick add a couple tbsp water to mixture. It should be a little thinner than chocolate frosting.
6. Evenly distribute into muffin pan and smooth tops with spoon
7. Sprinkle walnuts and chocolate chips and press them into batter
8. Bake 20-26 minutes until the tops are dry and the edges start to pull away from the sides
9. Remove from oven and let cool 30 minutes before removing from pan. They will be tenders, so remove gently with a fork. They are meant to be somewhat fudgy.
10. You can serve them with nut milk ice cream to make them more decadent!
11. Enjoy!