



**BODYBUILDING.com™**

## **Black Bean Brownies**

### **Ingredients**

- Black beans 1-1/2 cans
- Cacao 1/2 cup
- Cinnamon 1 tsp
- Baking soda 1/2 tsp
- Baking powder 1/2 tsp
- Stevia 4 tbsp
- Coconut oil 2 tbsp
- Almond milk 1 tbsp
- Vanilla extract 1 tbsp
- Dark chocolate chunks 1 cup
- Walnuts 3/4 cup

### **Directions**

1. Add drained black beans, cacao, cinnamon, baking soda, baking powder, stevia, coconut oil, almond milk, and vanilla extract to food processor. Blend into a smooth, consistent batter.
2. Dump the batter into a bowl, then mix in chocolate chunks and add walnuts.
3. Spray a baking dish with nonstick spray and add batter.
4. Top with walnuts and bake at 350 F for 25 minutes.

### **Nutrition Facts**

Serving size: 1 serving

Recipe yields: 9 servings

Calories: 310

Carbs: 33 g

Fats: 18 g

Protein: 7 g

