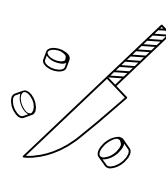


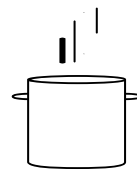


Healthy Black Bean Brownies (Gluten Free & Vegan)

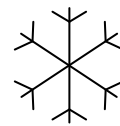
Healthy Brownies with all the taste cues.



10



35



8

Ingredients

- 400g (can) of no-salt-added black beans, drained and rinsed
- 100g of The Groovy Food Company Organic Date Syrup
- 50g cocoa powder
- 65g rolled oats
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- Handful pistachio nuts, finely chopped
- 50g Vegan dark chocolate pieces

Directions

1. Preheat the oven to 180 degrees celcius. Line an 8- or 9-inch round cake pan with parchment paper (or use a silicone cake pan).
2. Combine the beans, date syrup, and cocoa powder in a food processor; process just until smooth. Add the oats, baking powder, and baking soda; process just until combined.
3. Spread batter into the prepared cake pan. Sprinkle with pistachios and chocolate pieces (if using). Bake for 35 minutes. Cool on a wire rack. Cut into wedges.