

BROWNIES BLACK BEAN DONNA

Black bean brownies (vegan and gluten-free) that require just 1 bowl and about 30 minutes to prepare! Healthy, easy, and delicious – the best kind of dessert.

Revised from: Minimalist Baker <https://minimalistbaker.com/vegan-gluten-free-black-bean-brownies/>

TOTAL TIME 30 minutes **Freezer Friendly** 1 month **Does it keep?** 3-4 Days

Ingredients

2 heaping Tbsp flaxseed meal

6 Tbsp water

1 15-oz. can black beans (well rinsed and drained - 1 can yields ~ 1 3/4 cups)

3/4 cup cocoa powder (the higher quality the better – cacao if you prefer, but it can be bitter)

1/4 tsp sea salt

1/2 heaping cup organic cane sugar (slightly ground or pulsed in a food processor or coffee grinder for refined texture). NOTE: we don't grind. Alt: 1/2 c Lakanto Monkfruit Sweetener

1 1/2 tsp baking powder

3 T unsweetened applesauce (buy individual type if you don't eat much applesauce)

1 tsp pure vanilla extract

TOPPINGS – optional, but we suggest **Both!** Walnuts (for Omega 3) & choc chips because it's chocolate!

1/2 c Crushed walnuts (or pecans)

1/2 c Dairy-free semisweet chocolate chips

Instructions

1 Preheat oven to 350 degrees F (176 C).

2 Use nonstick silicone pans. If none, use nonstick metal pans.

3 Prepare **flax eggs** by combining flax seed and water and stir until well combined. Let set for a few minutes. You can do this in the bowl of the food processor while you assemble other ingredients, or in a separate bowl.

4 Add remaining ingredients to the food processor (except walnuts, choc chips, or other toppings), including the flax eggs, and puree about 3 minutes – scraping down sides as needed. You want it pretty smooth.

5 If the batter appears too thick, add a Tbsp or two of water and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.

6 By hand, stir in crushed walnuts, pecans and/or chocolate chips. Evenly distribute the batter into the muffin tin and smooth the tops with a spoon or your finger. With our minis, fill full.

7 If regular sized muffins, bake for 20-26 minutes or until the tops are dry and the edges start to pull away from the sides. Author's took about 25.

If Mini muffins, bake about 23 minutes if in our red mini silicone pan. Test at 21 min in metal.

8 Remove from oven and let cool for 30 minutes before removing from pan. They will be tender, so remove gently with a fork. The insides are meant to be very fudgy, so don't be concerned if they seem too moist – that's the point. Plus, they're vegan so it doesn't really matter. Be sure to allow cool time.

9 Store in an airtight container for up to a few days. Refrigerate to keep longer.

Notes

Toppings: 1/2 C chopped walnuts and 1/2 C nondairy chocolate chips – Stir into batter right before you put them in muffin pan.

With Monkfruit, made 26 mini muffins and need to cook a tiny bit longer.

Author's Notes: cacao powder: <https://www.amazon.com/dp/B00B0CM3FC/?tag=minimalistbaker-20>