

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>