

Black Bean Brownies (vegan)



5 from 3 votes

Black bean brownies that are rich and fudgy and easy to make! These brownies are made from wholesome ingredients and are vegan, gluten-free, oil-free but don't compromise on flavor.

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 10 mins | 26 mins | 36 mins |

Cuisine: American **Servings:** 16 small brownies **Author:** Anthea

Ingredients

- ~1 ½ cups (230g) unsalted black beans, rinsed well at room temperature (I got this amount from one 15oz or 440g can of black beans)
- ½ cup (125g) almond butter, or nut/seed butter of choice
- ½ cup (50g) cocoa powder
- ½ cup (45g) oat flour, (note 2 for homemade oat flour and alternatives)
- ¾ cup (255g) maple syrup, (note 3 for alternatives)
- 1 teaspoon vanilla extract, or to taste
- 1 teaspoon baking soda
- ⅛ teaspoon salt, or to taste
- ½ cup (85g) dairy-free chocolate chips, plus extra to decorate

Instructions

1. Line an 8-inch square baking pan with parchment paper. Preheat your oven to 180°C (350°F).

Prepare the black bean brownies:

1. Add all the ingredients except the chocolate chips to a food processor or blender and blend until the mixture is as smooth as possible. If you have a high-powered stick blender, add the ingredients to a bowl and blend. The batter should be slightly runny but sticky.
2. Remove the blade from your food processor. Add the chocolate chips and mix with a spoon or spatula. If your brownie batter is warm from the blending, let it cool down before mixing in the chocolate chips.
3. Pour the batter into your prepared baking dish. Smooth the surface with a spoon or spatula. If desired, sprinkle extra chocolate chips on top of the batter.

Bake the brownies:

1. Bake the black bean brownies for 24-29 minutes. The brownies are ready when they have puffed up and the surface looks dry. If you insert a toothpick in the middle, it should come out with a few moist crumbs but no thick batter.
2. Place the baking pan on a wire rack. Allow the brownies to cool completely in the baking pan for at least 1 hour.
3. When the brownies have completely cooled, remove them from the baking dish and cut them with a sharp knife. The brownies are very fudgy so it may help to run your knife under hot water before cutting them (see the blog post above for more tips for cutting). If desired, sprinkle the brownies with flaky sea salt or enjoy with vegan ice cream.
4. Store leftover brownies in an airtight container in the fridge for up to 5 days. If you would like to freeze the brownies, freeze them separately to prevent them from sticking together (once they are frozen, you can place them close together).

Notes

1. If you'd like to make your own oat flour, add ~ $\frac{1}{3}$ cup (45g) of traditional rolled oats to a food processor or blender and grind them up as finely as possible. Then add the rest of the ingredients and blend. Alternatively, you can use all-purpose flour or almond flour, in the same amount. Brownies made with almond flour will be more fudgy and moist.
2. Alternatively, you can use any other liquid sweetener in the same amount. You're welcome to reduce the amount of sweetener but the brownies will be less moist, more bitter and the black beans flavor will be more noticeable. I also recommend baking your brownies for less time.

Nutrition

Serving: 1 brownie | Calories: 155kcal | Carbohydrates: 21g | Protein: 4g | Fat: 8g | Sodium: 145mg | Potassium: 193mg | Fiber: 4g | Sugar: 12g | Vitamin A: 1IU | Vitamin C: 0.4mg | Calcium: 63mg | Iron: 2mg



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