



Gluten Free Black Bean Brownies

- 1 can black beans, rinsed and drained
- ¾ cup coconut sugar
- 3 eggs
- 3 T melted coconut oil
- ¼ c unsweetened cocoa
- 1 t vanilla
- 1 t instant coffee
- ½ t baking powder
- 1/8 t salt
- ½ c unsweetened dark chocolate chips
- ½ c chopped pecans or walnuts (optional)

Preheat oven to 350 and grease 8 inch baking pan. Using a food processor, blend together all the ingredients except for the chocolate chips. Using a spatula stir in chocolate chips and nuts, then transfer into baking pan. Bake about 30-35 minutes, or until the middle sets and the edges pull away from the side of the pan.

Be Well Tip:

Applesauce, dates, honey, maple syrup and coconut sugar are the most healthful sweeteners to use in baking.