



gluten free black bean brownies

INGREDIENTS

1 can black beans
1 cup milk
4 eggs
2 tsp. vanilla
1 tb. baking powder
1/2 tsp. salt
1 cup mini chocolate chips
1/2 cup cocoa or 1/4 cup hot chocolate mix
2 cup gluten free flour blend
3/4 cup packed brown sugar

INSTRUCTIONS

1. Preheat oven to 350 degrees and line a baking tin with parchment paper.
2. Blend black beans, milk, eggs, and vanilla into a blender until smooth.
3. Mix baking powder, salt, chocolate chips, cocoa, gluten free flour, and brown sugar into a bowl.
4. Add wet to dry ingredients.
5. Pour batter into pan and evenly spread it with a spoon or spatula.
6. Bake for 30-35 minutes, until the top is firm
7. Remove from the oven and let the brownies cool completely in the pan. Cut and serve!

Remember, you can substitute the gluten free flour with all-purpose flour if you do not require that accommodation!

enjoy