

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

DIRECTIONS

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!