HEALTHY PLANT-BASED RECIPES

Black Bean Brownies

INGREDIENTS

1 15 oz. can black beans, drained and rinsed
1 cup soft pitted medjool dates (180 g)
2 tablespoons almond butter
3/4 cup cocoa powder
2 teaspoons vanilla extract
1 1/2 teaspoons WYW Baking Powder
1/2 cup plus 2 tablespoons soy milk, plus more as needed
1/3 cup chocolate chips, divided
1/8 cup chopped walnuts (optional)

Shared by our friend Sharon of Snazzy Vegan Life

METHOD

Preheat the oven to 350°F. Line an 8 x 8-inch pan with parchment. If your dates are firm, soak them in hot water for 10 minutes and drain.

Process the beans, dates, almond butter, cocoa, vanilla, baking powder, and soy milk in a food processor until smooth. Scrape down the sides as needed. If the batter is too thick to spread, add another splash of plant milk.

Pulse in about 1/4 cup of the chocolate chips. Spread the batter evenly in the pan. Sprinkle the remaining chips and optional walnuts over the top and press them lightly into the batter.

Bake for 35–45 minutes. Start checking at 35 minutes. The brownies are ready when the center feels firm to a light touch. Let cool completely before cutting. Enjoy!

TIP

If using conventional baking powder, use 3/4 teaspoon. Refrigerate or freeze the cut brownies.