



LITTLE PRAIRIE

— HERBAL APOTHECARY —

Fudgy Black Bean Brownies

Printable Recipe Sheet

INGREDIENTS

- 1 (15-ounce) can black beans, drained and rinsed very well
- 3 large eggs
- 3 tablespoons olive oil
- 1/2 cup granulated sugar of your choice
- 2 tablespoons blackstrap molasses
- 3/4 cup unsweetened cocoa or cacao powder
- 2 teaspoons vanilla extract
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/3–1/2 cup semi-sweet or dark chocolate chips

DIRECTIONS

1. Preheat oven to 325°F. Grease or line an 8 x 8 baking dish with parchment.
2. Blend black beans, eggs, olive oil, sugar, blackstrap molasses, and vanilla until completely smooth.
3. Add cocoa, baking soda, and salt. Blend again just until combined.
4. Stir in most of the chocolate chips, saving a few for the top.
5. Spread into the pan, top with the remaining chocolate chips, and bake 24–28 minutes.
6. Cool completely before cutting.

HELPFUL NOTE

These are intentionally fudgy and delicate. If they seem a little crumbly, pop them in the freezer for a bit. They stay soft enough to eat, but hold together much better.

From our prairie to your table ♥ littleprairieherbs.com

ESTIMATED NUTRITION - PER 1 OF 9 BROWNIES

Calories	~220	Protein	~6.5 g	Fat	~10 g	Carbs	~30 g
Fiber	~5 g	Iron	~2.7 mg	Magnesium	~75-80 mg	Potassium	~350-370 mg
Calcium	~40 mg	Copper	~0.4 mg	Folate	~50 mcg DFE	Sugars	~20 g

Estimated only. Values vary with bean brand/drained weight, cocoa or cacao, chocolate chips, oil, and serving size.