



# Gluten-Free Black Bean Brownies

*These gluten-free brownies have a healthy surprise hidden inside {BLACK BEANS!}, making them much higher in protein, fibre, and micronutrients than a traditional brownie. This hardy treat will satisfy your sweet tooth, and provide you with 20% of your daily fibre intake. Simply throw these ingredients into your blender and enjoy.*

Prep: 10 minutes • Total: 35 minutes

## Ingredients:

|                    |               |         |
|--------------------|---------------|---------|
| Canned black beans | 1 can (15 oz) | 540 mL  |
| Eggs               | 2 large       | 2 large |
| Flaxseed           | 2 ½ Tbsp      | 37.5 mL |
| Water              | 6 Tbsp        | 90 mL   |
| Vegetable oil      | 3 Tbsp        | 34 mL   |
| Cocoa powder       | ¾ cup         | 180 mL  |
| Vanilla extract    | 1 tsp         | 5 mL    |
| Sugar              | ½ cup         | 125 mL  |
| Baking Powder      | 1 ½ tsp       | 7.5 mL  |
| Chocolate Chips    | ½ cup         | 125 mL  |

## Directions:

1. Preheat oven to 350°F.
2. Lightly grease a 12-slot standard size muffin pan (not mini).
3. Combine all ingredients, except chocolate chips, into blender and puree for about 3 minutes.
4. If batter is too thick add 1-2 Tbsp of applesauce, as the brownie batter should be less thick than frosting but no where near runny in consistency.
5. Add chocolate chips and pulse a few times.
6. Pour batter into muffin tin.
7. Bake for 20-26 minutes or until tops are dry and the edges start to pull away from the sides of the pan.
8. Remove from oven and let sit for 30 minutes before gently removing from pan. The insides should be fudgy.

## Nutrition Facts

Serving Size (93g)

Servings Per Container

Amount Per Serving

**Calories** 190      **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 25mg      **8%**

**Sodium** 230mg      **10%**

**Total Carbohydrate** 26g      **9%**

Dietary Fiber 5g      **20%**

Sugars 14g

**Protein** 5g

Vitamin A 0%      • Vitamin C 0%

Calcium 4%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           |         |         |
|--------------------|-----------|---------|---------|
|                    | Calories: | 2,000   | 2,500   |
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*Adapted from: Minimalist Baker*

Makes 12 servings ( 93 g / serving) • 1 serving = brownie

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