



Black Bean Brownies

Another mother told me about these. I searched the web and put this together based of the recipes I found. My kids were skeptical but they were a big hit and often are requested .

1 can black beans, rinsed and drained
3 eggs
3 T vegetable oil
¼ cup cocoa powder
¾ Cup Sugar
1 t vanilla extract
½ cup chocolate chips (trader Joes or other dairy-free)

Preheat oven to 350 degrees Lightly grease on a 8X8 square baking pan.

Put all of the ingredients except chips in a large food processor and process until black beans are pulverized. Mix in chips. Pour into pan. Cook for 30 to 40 min until top is dry and edges start to pull away from the sides

Butter-cream chocolate frosting

½ cup shorting (Crisco Butter flavored shortening works well)
½ cup powdered sugar
¼ cup Coco powder
2 T Coconut or almond Milk
1 t vanilla or ½ t mint extract

Mix well. Be sure brownies are cool before frosting. The first time I tried to frost before it was totally cooled and it turned into a liquid mess!

Most of the recipes recommend you wait a day to be sure there is no black bean flavor. We don't notice any and ours never last 24 hours so I can't say if it improves with age.

<http://www.lincolntent.com/GFCF-Desserts.html>