

Allergen Free Black Bean Brownies *adapted from Carla's Gluten Free Recipe Box*

Cooking Time: 30 mins Serving Size: 1 brownie Serves: 12

Calories: 240 Fat: 15g Carbohydrate: 28g Protein: 4g



Ingredients:

- 3/4 cup local honey
- 3 TBS flax seed meal
- 15 oz can refried black beans
- 1/2 cup vegetable oil
- 2 tsp apple cider vinegar
- 2/3 cup gluten free cocoa powder
- 1/3 cup buckwheat powder
- 3/4 tsp baking soda
- 1/4 tsp salt
- Optional: 2/3 cup chopped walnuts

Directions:

Preheat oven to 350°. Oil a 12-cup muffin pan and set aside. Heat honey in the microwave for about 40 seconds. Stir in the flax seed meal and allow to rest for 15 minutes. Pour into food processor.

Add beans, oil, and vinegar and pulse in the blender/food processor until completely combined.

In a separate bowl, whisk the cocoa powder, flour, baking soda, and salt. Add to food processor. Pulse until creamy. Fold in walnuts.

Scoop into muffin tins, filling about 3/4 way. Bake on center shelf for 23-25 minutes. Allow to cool for 10 minutes. Transfer to wire rack to cool completely.

