



# Blackbean Brownies

## Ingredients (Serves 6):

- 1 can (400g) Black beans, drained, rinsed
- ½ cup Rolled oats
- ½ cup Wholemeal flour
- 1 tsp Baking powder
- ¼ cup Rice malt syrup
- ¼ cup Coconut oil
- 2 Eggs
- 1 tsp Vanilla extract
- ¼ cup Cacao powder
- ¼ cup Dark chocolate chips



## Method:

1. Preheat oven to 180°C fan forced and line a 20cm baking tin with baking paper.
2. Place black beans in a food processor or blender and blend until smooth. Add remaining ingredients (except chocolate chips) and blend until smooth.
3. Stir the chocolate chips through the mixture with a spatula.
4. Spoon mixture into a lined tin.
5. Bake in oven for 15-20 minutes, or until just cooked through and knife comes out clean.
6. Allow to cool for 10 mins before serving.

