Vegan Bean Brownies

Ingredients (serves 8-10)

Spray avocado oil

1 can no salt added black beans, drained and rinsed

2 tbsp ground flaxseed

6 tbsp water

3 tbsp canola oil

3/4 cup cocoa powder

1/4 salt

1 tsp vanilla extract

1.5 tsp baking powder

1/4 cup sugar

Nutrition (1 svg)

KCAL: 97.5

SATURATED FAT: <0.5 g

FIBER: 2.6 g

SODIUM: 137.5 mg

ADDED SUGARS: 1.6 g

Directions

1. Preheat oven to 350 degrees. Spray muffin/cake pan with oil spray.
2. Put flax in small bowl and add water. Let sit for 10 minutes.
3. Put beans and flax egg in food processor and blend until well mixed. Then add remaining ingredients and blend until batter consistency. Add a little water if mixture is too thick.
4. Add batter to pan and cook for 20-30 minutes until set. Cool and serve.