



Black bean brownie

Very easy to make, and totally delicious. A decent hit of protein too. Makes 16 squares. Per square:
Cal: 123; Fat: 5.4g; Pro: 8.6g; Carbs: 10.1g

Serves: 16, Prep time: 00:15, Cook time: 01:00

Instructions

Preheat oven to 190 degrees and line a baking tin with baking paper.

Drain the black beans and add to food processor, adding all other ingredients except for the almond milk and chocolate chips. Blend well and pour almond milk in while blending until mixed through, adding more or less as required. It will be thick and look like mud!

Once blended, transfer to the baking tin and sprinkle with chocolate chips.

Put in oven for ~45 minutes, check at this time and cook for a further 10-15. It will be very fudge like and may seem under cooked when done, but when it cools it will have a dense consistency.

Cut into 16 slices, store in fridge or freezer.

Ingredients

- 440 grams Black beans, canned (I used Delmaine) (15.5 oz)
- 200 grams Cooked pumpkin* (7 oz)
- 100 grams Peanut butter, (I used Fix and Fogg) (3.5 oz)
- 100 grams Unsweetened cocoa powder (3.5 oz)
- 100 grams Vanilla protein powder, (I used Balance WPI) (3.5 oz)
- 250 milliliters Almond milk unsweetened (8.5 oz (U.S.))
- 2 teaspoon Baking powder
- 1 teaspoon Salt, Himalayan
- 32 grams Sugar free dark chocolate chips, (I used Healtheries) (1 oz)

* I tend to bake pumpkin in lots to use like this. You can microwave ~250g pumpkin or boil it to be good to go for this recipe, however roasting/baking will bring out some additional flavour.

**Our oven runs a bit cool rather than hot, so do watch cooking times.