



FUDGY BLACK BEAN BROWNIES

The fact that these sweet treats are loaded with nutrient-rich black beans will be your little secret. Trust me, these taste awesome! Try adding nuts & seeds for added nutrition and make in big batches for freezing!

2 CANS	ORGANIC BLACK BEANS RINSED/DRAINED	1 CUPS	GLUTEN FREE OAT FLOUR SIMPLY TAKE THOSE OATS & GIVE THEM A SPIN IN THE BLENDER. WHOALA! GF FLOUR!
1 CUP	ORGANIC COCONUT OIL		
3/4-1 CUP	ORGANIC MAPLE SYRUP <small>GRADE B</small>	1/2-1 TSP	PINK SALT
2TBS	ORGANIC VANILLA VANILLA BEAN POWDER	3/4 CUPS	VEGAN <small>OR</small> DARK CHOCOLATE CHIPS (60% COCOA or higher)
2TBS	ORGANIC COCOA	1/4 CUP	<u>HOLY OMEGA NUT & SEED MIX</u> OR NUTS/SEEDS OF CHOICE
1 TSP	BAKING POWDER (ALUMINUM FREE)		

- COMBINE ALL INGREDIENTS (EXCEPT THE CHIPS) IN BLENDER & MIX UNTIL WELL INCORPORATED.
- SPREAD BATTER INTO A GREASED PAN AND STIR IN CHIPS.
- SPRINKLE WITH HOLY OMEGA NUT & SEED MIXTURE

BAKE 350 12-18 MINS OR UNTIL KNIFE COMES OUT CLEAN.

**These freeze really well & when thrown into a lunch box they thaw in time for lunch.*