

## RECIPE

# Peanut Butter Black Bean Brownies



Created by Leah Grace Barack, M.S.

Grace Functional Nutrition

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## Ingredients

- 1-15 oz can black beans, drained and rinsed
- ½ cup gluten-free oat flour (can sub regular gluten-free all-purpose flour)
- 3 Tbsp raw cacao powder (or unsweetened cocoa powder)
- ½ cup maple syrup
- ¼ cup grass-fed organic butter or ghee (or coconut oil for vegan version)
- 2 tsp vanilla extract
- ½ tsp baking powder
- ¼ tsp salt
- ½ cup chocolate chips
- ½ cup peanut butter chips, OR ¼ cup warmed peanut butter to marble the top
- Optional: flakey salt or more chocolate and PB chips for topping

## Preparation

1. Preheat the oven to 350.
2. Put black beans in a food processor, and process until it turns into a paste. Add the oat flour, cacao powder, maple syrup, butter, vanilla, baking powder, and salt, and process until fully combined.
3. Fold in chocolate and peanut butter (PB) chips (or just chocolate if not using PB), and transfer to a parchment paper-lined 9x9 baking pan. Top with optional flakey salt and/or optional peanut butter. Use a thin tool to marble the peanut butter and spread it out over the top.
4. Bake brownies for 20-25 minutes, or until you can place a toothpick in them and it comes out almost clean or you shake it and it doesn't jiggle.
5. Remove from the oven, and let cool for at least an hour before cutting.