



## 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!

*\*WHEN POSSIBLE, USE ORGANIC OR LOCAL PRODUCTS*

2 CANS	BLACK BEANS RINSED/DRAINED
1 CUP	COCONUT OIL
3/4-1 CUP	MAPLE SYRUP GRADE B
2TBS	VANILLA
2TBS	CACAO
1 TSP	BAKING POWDER (ALUMINUM FREE)
1 CUPS	OAT FLOUR SIMPLY TAKE THOSE OATS & GIVE THEM A SPIN IN THE BLENDER. WHOALA! GF FLOUR!
1/2-1 TSP	PINK SALT
3/4 CUPS	CHIP OF CHOICE [LILLY'S, VEGAN, DARK CHOCOLATE (60% COCOA), ETC.]
1/4 CUP	NUTS/SEEDS OF CHOICE; I USE HOLY OMEGA MIXTURE

### **DIRECTIONS**

- COMBINE ALL INGREDIENTS (EXCEPT THE CHIPS) IN BLENDER & MIX UNTIL WELL INCORPORATED.
- SPREAD BATTER INTO A GREASED PAN AND FOLD-IN & SPRINKLE ON TOP THE CHIPS, NUTS, & SEEDS
- 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.*



**MW**  
McClintock Wellness

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