

Gluten-Free Black Bean Brownies

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 35 minutes

Chef's Notes

Storing & Shelf Life : Place the cut brownies into an airtight container. Store them in the refrigerator. The brownies will last up to five days (if they last). NOTE: the brownies will also freeze well, and last up to five months. Good idea to label and date the container. Enjoy!

Step 1: Prepare the Mise en Place

- ¾ cup cocoa powder
- 1 ½ t baking powder
- 1-2 t of ground cinnamon
- 1 ¾ cup of rinsed black beans
- 4 T flax seed meal plus 4 T of aquafaba.
- 1 t Tamari
- ½ cup of pure maple syrup, or to taste
- 6 T of plant-milk or water
- 1 t pure vanilla extract
- Juice of one medium lemon (about 30 cc)
- ½ cup of Enjoy Life chocolate chips (these are vegan and gluten-free)

Preheat oven to 375°F (190°C).

Prepare your mise en place by measuring and displaying all ingredients.

Sift the cocoa powder, cinnamon and the baking powder into a medium-sized mixing bowl, creating a well in the center of the mixture.

Drain the excess liquid (aquafaba), and reserve 4T. Puree the beans in a food processor and set aside.

Step 2: Make the Batter

Mix the flax seed meal and the aquafaba in a small cup. This will make the "egg" for the recipe. It will expand in size.

Whisk the tamari, maple syrup, vanilla, plant-milk and lemon juice in a small bowl.

Add the flax/aquafaba "egg" into the small mixing bowl, and mix well.

Add the liquids to the bean mixture. Mix together by hand using a rubber spatula. Add to the well of the dry mixture and stir until all ingredients are mixed together well. Add ½ cup of chocolate chips (optional) and mix well into the batter.

Allow batter to rest for 5-10 minutes before pouring into the parchment lined baking dish.

Step 3: Bake the Brownies

Gently pour the batter into the lined baking dish. Use an uneven spatula to distribute the batter well throughout the pan.

Bake in the middle oven rack for 22-25 minutes, or until the brownies have fully risen and respond to a light tap.

Remove from oven.

Step 4: Cooling, Cutting and Serving

To cool the brownies, lift the parchment paper from the pan, and place the brownies on a cooling rack.

Once fully cooled, use a bread knife to gently slice the brownies into even squares.

Serve as you wish. Goes deliciously with some homemade "Nice Cream."