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## Black Bean Brownie Bites

Prep Time: 15 mins

Makes 24 Bite-sized Brownies

### Ingredients:

- 1 - 15oz can black beans, drained and rinsed
- 1/2 cup cocoa powder
- 1/4 cup oat flour (\*see tip)
- 1/2 cup pure maple syrup
- 2 flaxseed "eggs" (\*\*see tip)
- 2 tbsp oil
- 2 tbsp strong brewed coffee or espresso
- 2 tsp vanilla extract
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup chocolate chips, plus additional for topping (optional)
- Fresh berries and powdered sugar to serve (optional)

### Instructions:

1. Preheat oven to 350F. Grease muffin tin with cooking spray.
2. Add rinsed beans, cocoa powder, oat flour, maple syrup, flax "eggs," oil, coffee, vanilla, baking powder and salt to a food processor. Process for several minutes until completely smooth.
3. Stir in chocolate chips.
4. Pour 1 heaping Tbsp of batter into each muffin cup, top with additional chocolate chips, optional.
5. Bake for 20-22 minutes, or until brownies are set in the middle. Once cool, loosen from pan by running a knife along edges of brownie bites, remove.
6. Sprinkle with powdered sugar and serve with fresh berries (optional).

*\*No need to purchase oat flour, just process oats in a food processor until mixture resembles the consistency of flour. Save yourself a step and do this prior to adding the rest of the ingredients to the food processor.*

*\*\*To make flaxseed "eggs" - Combine 1 tbsp ground flaxseed and 3 tbsp water for each egg needed. Let sit for 5 minutes before adding to recipe.*

Recipe Adapted From: <https://www.hummusapien.com/dark-chocolate-raspberry-black-bean-brownies/>

