

# Fudgy Black Bean Brownies ★★★★★

These Fudgy Black Bean Brownies are a decadent gluten-free dessert (and no one will ever guess that they're packed with fiber-filled black beans!

**Course** Baked Goods, Desserts **Cuisine** American

**Diet** Gluten Free, Halal, Hindu, Kosher, Low Fat, Low Lactose, Low Salt, Vegetarian

**Keyword** black bean brownies, gluten-free brownies **Diet** Gluten-Free, Vegetarian

**Occasion** 4th of July, Birthdays, Christmas, Game Day, Thanksgiving, Valentine's Day **Time** 45 minutes or less

**Prep Time** 5 mins **Cook Time** 40 mins **Total Time** 45 mins **Servings** 16 brownies **Calories** 117

**Author** [Sarah Bond](#)



## Ingredients

- 1 15-oz can black beans rinsed and drained, 425 g
- 3 large eggs
- 3 Tbsp oil a flavorless oil like canola oil or vegetable oil, 45 mL
- 1 tsp vanilla extract 5 mL
- ¼ cup unsweetened cocoa powder 30 g
- ⅔ cup sugar 120 g
- ½ tsp baking powder
- ¼ tsp salt
- ½ tsp finely ground or instant coffee optional
- ½ cup semi-sweet chocolate chips 60 g

## Instructions

1. **Wets:** Preheat oven to 350°F (176°C). Puree **1 15-oz can black beans** in food processor into a rough paste. In a large bowl, mix together the bean puree, **3 large eggs**, **3 Tbsp oil**, and **1 tsp vanilla extract**.



2. **Dries:** In a separate bowl, combine **¼ cup unsweetened cocoa powder**, **⅔ cup sugar**, **½ tsp baking powder**, **¼ tsp salt**, and coffee (if using). Add the dry ingredients to the wets, then stir in **½ cup semi-sweet chocolate chips**.



3. **Bake:** Grease an 8x8 or 9x9 inch pan, then line with parchment paper. Pour in batter and bake for 30 to 40 minutes, or until the edges are visibly cooked and the center doesn't jiggle much when you shake the pan (a toothpick may still come out a little gooey, that's fine!)\* Allow brownies to cool before cutting.



## Notes

\***For ultra-gooey brownies**, remove brownies when the center still jiggles some. For firmer brownies, cook until toothpick comes out almost clean.

**For brownies that are really thick**, double the recipe and add 15 to 20 minutes to the cooking time.

## Nutrition

Serving: 1 brownie | Calories: 117kcal | Carbohydrates: 16g | Protein: 3g | Fat: 5.3g | Saturated Fat: 1.5g | Trans Fat: 0g | Cholesterol: 31mg | Sodium: 49mg | Potassium: 92mg | Fiber: 1.4g | Sugar: 11.4g | Vitamin A: 50IU | Vitamin C: 0mg | Calcium: 20mg | Iron: 0.7mg

Recipe from Live Eat Learn at <https://www.liveeatlearn.com/black-bean-fudge-brownies/>.