



Gluten-Free Black Bean Blender Brownies

Ready for a new take on brownies? Check out this awesome bean-based brownie recipe. The brownies are much lighter than typical store-bought mixes, and the beans add a substantial amount of protein. Eat up!

Ingredients

15 oz can black beans, drained and rinsed
4 large eggs
1/2 cup unsweetened cocoa powder
1 tbsp vanilla extract
6 tbsp butter
1/2 tsp sea salt
1 1/2 cup brown sugar
1 tsp gluten free baking powder
1/2 tsp gluten free baking soda

Preparation Process

Add all the ingredients to a blender/food processor and blend until the mixture is smooth.

Line muffin tins with baking cups and pour the batter into the liners until the liners are $\frac{3}{4}$ full.

Bake at 325 degrees for 25 minutes, or until the center is completely cooked (test this by inserting a toothpick into the brownie to ensure that it is dry).

If you want to watch the video again. Click [here](#).