

# A Selph Recipe: Black Bean Brownie

## Ingredients:

1 can black beans  
1 tsp apple cider vinegar  
1/4 c melted coconut oil  
1 tsp. vanilla extract  
2 Tbsp Maple syrup\*  
1/4 c coconut sugar or other raw sugar\*  
1/4 cacao powder  
2 tsp baking powder  
pinch of salt  
1- 1.5 blocks of 70% dark chocolate\* chopped or broken into chunks

## Method:

Drain and rinse black beans then put into a bowl, cover with water add the ACV and set aside for 5 minutes

Preheat oven to 180 and prepare baking dish with baking paper

Melt coconut oil in a microwave safe dish

Chop desired amount of chocolate and set aside

Combine cocoa powder, baking soda and salt in small bowl, stir to combine and set aside

Drain and rinse the black beans, add to food processor or large bowl and process, mix or mash until smooth

Add the eggs, melted coconut oil, vanilla, maple syrup and sugar and pulse of mix together

Add the cacao mix to the mixture and fold until just combined, don't over mix

Stir in chocolate chunks then pour batter prepared baking dish and cook for 20-25 minutes

Be careful not to over bake, allow to cool and set before enjoying

*\*note on sweetness, more or less coconut sugar, maple syrup and dark chocolate can be used based on preference. Coconut sugar and maple syrup can be swapped with each other.*

