

# 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.”