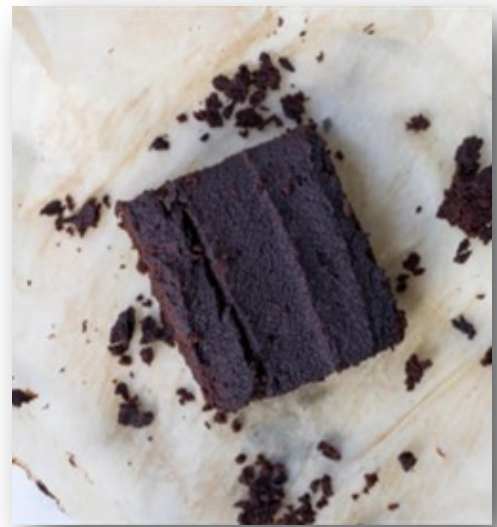


Black Bean Brownie

Ingredients:

2 cups cooked black beans or canned low-sodium black beans, rinsed and drained
10 Medjool dates, pitted
3 tablespoon peanut butter or almond butter
1 teaspoon vanilla extract
1/3 cup unsweetened cocoa powder
1 tablespoon ground flaxseed

Note: If using a coffee grinder to blend the flaxseed, 1/2 tablespoon should yield 1 tablespoon



*GLUTEN-FREE



*VEGAN

Nutrition Facts

12 servings per container	
Serving size	1 slice = 2.3" x 2.7" (70g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 313mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Preheat oven to 200°F. Blend the black beans, dates, peanut butter and vanilla in a food processor or high powered blender until smooth.
2. Add the cocoa powder, and flax seeds and blend again. Pour into a very lightly oiled 8x8-inch baking pan and bake for 1 1/2 hours.
3. Cool completely before cutting into small squares. Top with berries of choice.

* Store leftovers in a covered container in the refrigerator up to one week.

Recipe by Maggie Carneiro, modified from Dr. Joel Fuhrman's Fudgy Black Bean Brownie.