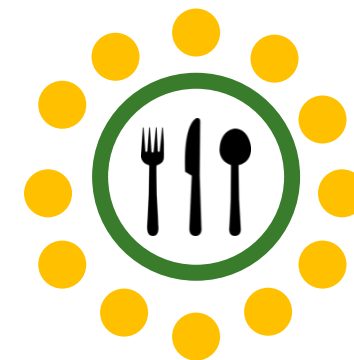


recipe of the week:

Black Bean Brownies



ingredients:

1-15oz. can black beans drained and rinsed

2 tbsp. cocoa powder

½ cup quick oats

¼ tsp. salt

⅓ cup pure maple syrup or agave

2 tbsp. sugar

¼ cup coconut or vegetable oil

2 tsp. pure vanilla extract

½ tsp. baking powder

½ cup chocolate chips

directions:

1. Preheat oven to 350°

2. Combine all ingredients except chips in food processor & blend until smooth

3. Stir in chips & pour into greased 8 x 8 an

4. Cook 15-18 minutes

5. Let cool 10 minutes before cutting

Presented by:

