

Black Bean Protein Brownies

Web Recipe · Dessert · GF

165 cal · 9g protein · 24g carbs · 5g fat · 9 servings

Ingredients

- 1 can (15 oz) black beans drained and rinsed
 - 1/3 cup cocoa powder
 - 1/2 cup maple syrup
 - 1/4 cup almond butter
 - 1 scoop vegan chocolate protein powder
 - 1 tsp vanilla extract
 - 1/2 tsp baking powder
 - 1/4 tsp salt
 - 1/4 cup vegan chocolate chips
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Instructions

1. Preheat oven to 350°F (175°C). Grease an 8x8 baking pan or line with parchment paper.
 2. Add drained black beans, cocoa powder, maple syrup, almond butter, protein powder, vanilla extract, baking powder, and salt to a food processor or blender.
 3. Blend until completely smooth, scraping down sides as needed.
 4. Fold in chocolate chips by hand.
 5. Pour batter into the prepared pan and spread evenly.
 6. Bake 20-25 minutes until set and a toothpick comes out mostly clean (they'll firm up as they cool).
 7. Let cool completely in the pan before cutting into 9 squares.
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