

Black Bean Breakfast Muffins

This is a riff I did on a recipe I read which I did my best to transcribe [below](#).

The original recipe had ingredients I was missing. Specifically, I didn't have or want to look for unsweetened applesauce, I was running out of cinnamon, and I didn't have any raisins or craisins on hand or want to go to a store to get them.

For those missing ingredients, I did some substitutes, which were:

- Instead of 1/2 cup of craisins or raisins, which I interpreted as "dry stuff", I did an additional 1/4 cup of oats and made up the rest with the black beans (below).
- For the applesauce, I mashed some black beans after cooking them in a pressure cooker with 1/2 cup black beans and 1-3/4 cups of water for 40 minutes on high pressure. This made enough for the recipe and it was soft enough to mash a bit inside a bowl.

First, Make Some Mashed, Sweetened Black Beans

For this part of the recipe, which should take about 5 to 10 minutes to do, you'll need a medium-sized bowl that can fit a full can of beans and where you can mash those beans with a potato masher (or whatever works that's on hand).

Ingredients from scratch:

- 1-1/2 cups cooked black beans

Ingredients with a **can of black beans**:

- 1 can black beans with bean juice (don't drain! don't use "flavored" black beans (e.g. for tacos))

Remaining ingredients:

- 1 can sweetened, condensed milk
- 1/2 to 3/4 cups brown sugar (to taste, really)
- 1/2 tsp salt (skip if beans already have salt)
- about 1 to 2 tablespoons of cocoa powder
- maybe a tablespoon of maple syrup (not the real stuff, which would have been better)

To prepare the mashed black beans, you'll want to put the beans into bowl and:

- add the can of sweetened, condensed milk
- mash the beans and condensed milk together until there aren't many whole black beans left (or until you're done mashing)
- add sugar, and if needed, salt
- add cocoa powder, if desired

- add maple syrup

The consistency of the mashed beans should be very thick, and it should clump together a bit on a spoon; it shouldn't be thin or runny at all (if so, then my advice to keep the bean juice was a bad idea and I apologize). If the beans are already salted, skip the salt, but *do* add the cocoa powder, if you want it, and the maple syrup and 1/2 to 3/4 cups of brown sugar (I can't really say, but I tried to make it about as sweet as unsweetened applesauce, which isn't terribly sweet). Once mashed and mixed, the mashed black bean slurry should taste somewhat chalky and sweet with a hint of the bitterness of the beans, but it shouldn't taste savory.

Black Bean Breakfast/Energy Muffins (or muffin bars)

I forgot to include the egg (but meant to), so it's not an intentional substitution, but if you add an egg to the wet ingredients below, you'll probably have a softer batter to work with, which could be nice.

Ingredients:

- dry
 - 1 cup Bisquick or generic OR
 - 1 cup flour
 - 1 tsp. baking powder
 - 3/4 tsp baking soda
 - 1-1/2 cup oats
 - 1/2 cup brown sugar
 - 1/2 tsp cinnamon
 - 1/2 tsp Chinese 5-spice
 - a pinch of nutmeg
 - 1/4 tsp. salt
- wet
 - 1-1/2 cups mashed black beans w/bean juice, brown sugar, and maple syrup (as prepared above)
 - 1 tsp vanilla
 - 4 tbsp. butter (1/2 stick - melted)

Preparation

In a large bowl, mix the wet ingredients and slowly add the dry ingredients until everything is uniform - don't blend or mix with a mixer, a spoon should be enough.

Place clumps of the batter into 2 muffin pans (I think, maybe just one pan)

- OR use two 5"/9" bread pans and fill each with 1/2 of the batter.

Preheat oven to 374-degrees F, add pan(s) and cook for 15 to 20 minutes until a toothpick or stick of dry spaghetti through the center comes out clean/dry and the tops are golden to dark brown

- OR using an Ommo air fryer and convection oven, at 320-degrees F, cook for 15 to 25 minutes. Switch the top pan with the bottom pan halfway through the cooking process to have evenly finished muffins or muffin bars (if using bread pans).

Original Recipe from Notes and Memory

Original recipe from somewhere online, taken from my paper notes and memory:

- wet ingredients:
 - 1.25 c. oats
 - 1.25 c. applesauce
 - 0.5 c. milk
 - egg
 - 1 tsp. vanilla
 - 1/2 stick butter (4 tbsp) or margarine
 - 1/3 c. sugar
- dry
 - 1 c. flour
 - 3/4 tsp. baking soda
 - 1 tsp. baking powder
 - 1 tsp. cinnamon
 - 1/4 tsp. salt
 - 0.5 c. raisins or raisins

Instructions were to mix wet ingredients first, then mix dry ingredients and slowly add them into the wet ingredients (expect a very thick batter in between "I'm making granola bars" and "I'm making really soft muffins" - but I forgot eggs for my riff, so with the original recipe, it could be really soft muffins).

Preheat to 375° F, fill muffin pan and cook in oven for 15 to 20 minutes