

# Cosmic Black Bean Brownies

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 can (15 oz / 425 g) black beans, drained and rinsed
- 3 medium eggs, or flax eggs (see notes)
- 1/2 cup coconut sugar or lakanto sweetener\*
- 1/2 cup raw cocoa powder
- 3 tbsp maca powder\*\*
- 1/3 cup coconut oil, melted
- 2 tbsp non-dairy milk
- 2 tsp vanilla or almond extract
- 1/2 cup semi-sweet chocolate chips
- 3/4 cup walnuts, chopped

## Icing

- 1 ripe avocado
- 2 tbsp raw cocoa powder
- 2 tbsp raw honey or liquid stevia (to taste)
- Optional: 2 tbsp non-dairy milk or water (see note)

## Instructions:

1. Preheat oven to 350C (180F) and line a 8" square baking pan with parchment paper.
2. In a large food processor, add black beans, eggs, coconut sugar, cocoa powder, maca if using, coconut oil, non dairy milk and vanilla extract. Blitz until smooth.
3. Add in chopped walnuts and chocolate chips. Combine.
4. Pour mixture into square baking pan. Bake for 30-40 minutes. Brownies are done when a fork inserted comes out clean.
5. To make the icing, in a food processor, combine avocado, cocoa powder and honey. If needed, add milk to make creamier. That will only be necessary if avocados are not soft enough. Blitz until creamy.
6. When brownies are done, let fully cool before adding the icing. Store in refrigerator for up to 5 days or freezer for longer.

## Notes:

These can easily be made nut-free. Just omit walnuts. How to make a flax egg: 1 egg = 1 tbsp ground flax + 2.5 tbsp water. Combine and let sit for 5 minutes before using. You'll need to multiply that by 3 since there are 3 eggs in this recipe. Bake the brownies for an additional 5-10 minutes if you use flax eggs. \*Lakanto is a brand of natural sweetener with

erythritol and monk fruit. It's a little more processed than coconut sugar but it has little to no effect on your blood sugar. \*\*I used Organika Gelatinized Maca. No maca? Simply omit. CHOCOLATE ICING: If your avocados are not super soft, you'll need to add a touch of liquid to make the icing smoother. Option: Add 1/4 cup protein powder and 3-4 tbsp water or nut milk.