

# Chocolate Black Bean Brownie Bites

**Recipe makes:** 18 servings (1 brownie bite per serving)

**Preparation time:** 10 minutes

**Cook time:** 12 to 15 minutes

**Equipment:** one set of measuring cups, one set of measuring spoons, two 12-cup muffin trays or one 24-cup muffin tray, parchment paper (optional), 18 muffin liners (optional), one food processor, one spoon, one fork, one butter knife, one pair of oven mitts, one oven, one cooling rack or plate

## What you need to make this recipe:

- 1/3 cup quick or rolled oats
- 1 540 mL can black beans, drained and rinsed
- 3 tablespoons cocoa powder
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup real maple syrup or honey
- 1/4 cup vegetable oil
- 2 teaspoons vanilla extract
- 2 tablespoons mini chocolate chips
- Cooking spray or butter

## How to make Chocolate Black Bean Brownie Bites:

1. Preheat the oven to 177°C (350°F).
2. Prepare two 12-cup muffin trays or one 24-cup muffin tray:  
Option 1: Lightly grease 18 muffin cups with cooking spray.  
Option 2: Lightly grease 18 muffin cups with butter using parchment paper.  
Option 3: Put one muffin liner in 18 muffin cups.
3. Put the oats in the food processor. Blend for 30 seconds or until the oats look like flour.
4. Add the black beans, cocoa powder, baking powder, salt, maple syrup or honey, oil, and vanilla to the food processor. Blend on high until a smooth batter is formed.
5. Using a spoon, add about 1 tablespoon of the batter to each of the prepared cups in the muffin tray(s). Press the batter into each cup.
6. Gently press four to five chocolate chips on top of each brownie bite.
7. Bake the brownie bites in the preheated oven for 12 to 15 minutes or until a toothpick inserted into the center of a bite comes out clean.
8. Take the brownie bites out of the oven and cool in the muffin tray(s) for 10 to 15 minutes.
9. Take the brownie bites out of the muffin tray(s) by running a butter knife between the side of each bite and the wall of the tray. Then, use a fork to lift each bite out of the tray. Put the bites on a cooling rack or plate to finish cooling.

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| Nutrition Facts  |                |
|--|----------------|
| Per 1 serving (1 bite)   |                |
| Calories   | % Daily Value* |
| <b>90</b>  |                |
| <b>Fat</b> 4 g   | 5 %            |
| Saturated 0.5 g  | 3 %            |
| + Trans 0.1 g  |                |
| <b>Carbohydrate</b> 11 g                                       |                |
| Fibre 3 g  | 11 %           |
| Sugars 3 g   | 3 %            |
| <b>Protein</b> 3 g   |                |
| <b>Cholesterol</b> 0 mg  |                |
| <b>Sodium</b> 70 mg  | 3 %            |
| Potassium 70 mg  | 3 %            |
| Calcium 20 mg  | 2 %            |
| Iron 1 mg  | 6 %            |
| 5% or less is a little, 15% or more is a lot                   |                |
| <b>Nova Scotia School Food and Beverage Standard: Moderate</b> |                |

## Allergy information:

May contain wheat, gluten, and milk.

## About this recipe:

Both oats and black beans contain fibre. Getting enough fibre in your diet can help keep your heart healthy.

## Substitutions:

To make this recipe wheat and gluten free, use certified gluten-free oats, canned black beans, and mini chocolate chips.

To make this recipe milk-free, use milk-free chocolate chips.

## Storage information:

Store Black Bean Brownie Bites in an airtight container in the fridge for 3 to 4 days or in the freezer for 1 to 2 months.

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