



Webinar Series Recipes

Black Bean Pumpkin Brownie

Makes a 9" x 9" pan or about 35-40 mini muffin size bites

- $\frac{3}{4}$ cup oat flour or 1 cup oats blended until a flour consistency
- 1 teaspoon baking soda
- 3 cups no-salt added canned or cooked black beans, rinsed well and drained if canned
- 1 tablespoon vanilla extract
- 1 $\frac{1}{2}$ teaspoons instant coffee
- $\frac{2}{3}$ cup maple syrup, date syrup or honey
- $\frac{1}{4}$ cup melted coconut oil
- $\frac{1}{4}$ cup pumpkin puree
- 6 tablespoons regular cocoa powder, not dark
- $\frac{1}{4}$ cup almonds or walnuts, finely chopped
- $\frac{1}{4}$ cup dark chocolate chunks or chocolate chips

1. Preheat your oven to 350 degrees and grease a square 9" x 9" pan with nonstick spray or oil. You can also make mini-size brownies, but use a silicon-lined baking pan to ensure they don't stick.
2. In a food processor, combine all the ingredients except almonds, walnuts and chocolate. Blend until smooth. The batter will be thick.
3. Stir in the nuts and chocolate chips.
4. Pour batter into prepared pans, smoothing the top with a spoon. You can also place a rounded tablespoon of batter in each mini muffin cavity.
5. Bake the brownies for 20-25 minutes in the large pan and 15-18 minutes in the mini muffin pan. The brownies should just be set. Do not overbake them.

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