

Susan Samueli Integrative Health Institute



From the Kitchen of Executive Chef Jessica VanRoo

Rich Chocolate Black Bean Cookies

Makes 10 large cookies

Ingredients

- 115-ounce can black beans, drained, rinsed, dried
- ½ cup nut butter of choice
- ⅓ cup pure maple syrup
- ¼ cup cocoa powder (not Dutch process)
- 1¼ tsp baking powder
- Pinch of salt.
- 2/3 cup chocolate chips

Instructions

- 1. Preheat your oven to 350 degrees and line a baking sheet with parchment paper.
- 2. Combine all the ingredients, except chocolate chips, in a food processor or blender. Mix until the mixture comes together into a ball of dough.
- 3. Stir in the chocolate chips.
- 4. Split the dough into 10 balls and flatten onto the cookie sheet. The cookies won't spread, so don't worry if they are close.
- 5. Bake the cookies for 8 minutes, or until the cookies are set and there are small cracks on the top. Cool on the cookie sheet for at least 15 minutes before removing and serving.

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