

NYBG

SENSATIONAL SEEDS CHEF RECIPES

BLACK BEAN BROWNIE BITES

Prepared by Michelle Warner of By Hand Culinary
Sensational Seeds Event
Serves 24 mini brownies

Ingredients

- ½ cup coconut oil
- 1 cup milk chocolate chips
- ⅔ cup agave syrup
- 2 teaspoons pure vanilla extract
- Two 14.5- ounce can black beans (rinsed and drained)
- ¼ cup cocoa powder
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- ⅔ cup whole wheat flour
- sprinkles



Instructions

Preheat the oven to 350 degrees F. Line a 24-cup mini muffin tin with paper liners.

Add the oil and chocolate chips to a heat-safe bowl. Warm in the microwave for 1 minute. Remove from microwave and stir together until the chocolate and oil are blended together.

Add the chocolate-oil mixture to a food processor with the cocoa powder, baking powder and salt. Blend well. Then add the flour and pull together until the mixture is fully combined.

Divide the batter among the muffin cups, using a heaping tablespoon in each. Once fill lift the tin a few inches from the counter and drop a few times to settle the batter into the cup. Top each bite with a pinch of sprinkles if you like.

Bake for 10–12 minutes or until firm to the touch. Let cool fully before serving.