

# FIND IT DIFFICULT TO GET ENOUGH VEGETABLES

## Black Bean Brownies

1 1/2 cup black beans, drained/rinsed  
2 Tbsp cocoa powder  
1/4 cup quick oats  
1/4 tsp salt  
1/3 cup maple syrup/honey/  
agave  
1/4 cup coconut or vegetable oil  
2 tsp vanilla  
1/2 tsp baking powder  
1/2 to 2/3 c chocolate chips

### DIRECTIONS:

Wash hands with soap and water. Preheat oven to 350 F. Lightly spray pan. Combine all ingredients except chips. Blend very well. (Food processor work best for this.) Stir in chips and pour into 8" x 8" pan. Bake 15 to 18 minutes. Makes 9-12 brownies.



BENEFITS OF EATING VEGETABLES