

2-Ingredient Black Bean Brownies



I'm not much for "healthier" versions of desserts, for the most part. Most of the time, I find them less satisfying and end up wishing I'd just eaten a little of the real thing.

There are a few exceptions to this, however. Occasionally I run across a lightened up dessert recipe that is actually good in its own right- not necessarily because it tastes just like the original, but because I enjoy it for what it is. Black bean brownies are one of those.

Black bean brownies have been around for a while. I think I've been making these for at least 10 years and I have no idea where I got the recipe originally. A lot of recipes for these that I've found online are from scratch. Great, if you have that kind of time. For me, if I'm craving black bean brownies, I probably am not going to be patient enough to make them the old fashioned way.

This recipe uses nothing but a can of black beans and a box of brownie mix. No eggs, no butter. You puree the beans very well in a food processor or blender, stir in the brownie mix, and bake as usual. That's all there is to it! These brownies are moist and fudgy, and you can't taste the black beans at all. Really! The best part, in my opinion, is that the beans add fiber and protein, which make the brownies quite a bit more filling than regular brownies... so it's harder for me to eat the whole pan ☹

Just like regular brownies, these taste best if they are a bit underbaked. I usually take them out of the oven about 5 minutes earlier than the brownie mix box says I should.

It's best not to tell people what's in these before they try them. Just let them have one, then come clean and enjoy their reaction.

2-Ingredient Black Bean Brownies

- 1- 14.5 oz. can black beans
- 1 box brownie mix

Preheat oven to temperature designated on brownie mix. Spray an 8×8 baking pan with cooking spray. Drain and rinse black beans very well. Place beans in food processor or blender with about 1/4 cup water and process until beans are pureed. Stir in brownie mix. You may add more water as needed if mixture is too thick. Spread brownie batter in prepared pan and bake as directed on brownie mix. Allow brownies to cool completely before cutting and serving.