

# Black Bean Brownies

*Super Immunity - Joel Fuhrman*

Yield: 16 squares

Serving size: 1

Calories per serving: 26



## **Ingredients:**

2 cups cooked black beans (or 1 can beans plus juice)

12 Medjool dates

2 tablespoons raw almond butter (Optional: 2 - 1/2 T.)

1 teaspoon vanilla extract (Optional: 1/2 t.)

1/2 cup nonalkalized cocoa powder

1 tablespoon ground chia seeds

1 teaspoon instant coffee

1 flax egg (1 T. flax meal mixed with 3 T hot water)

1/2 cup chopped walnuts

## **Directions:**

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Combine the black beans, dates, almond butter, and vanilla in a food processor or high-powered blender. Blend until smooth.

Add the remaining ingredients and blend again.

Pour into a very lightly oiled 8 x 8-inch baking pan. Bake/dehydrate at 200°F for 1 - 1/2 hours.

Cool before cutting into small squares. Store in a covered container in the refrigerator for up to one week.