

Black Bean Brownies

- 1 1/2 cups black beans (one 15-oz. can, drained and rinsed very well)
- 2 Tbsp cocoa powder
- 1/2 cup quick oats
- 1/4 tsp salt
- 1/2 cup pure maple syrup
- 1/4 cup coconut or vegetable oil (melt the coconut oil)
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 2/3 cup chocolate chips

Procedure

- 1 Preheat oven to 350° F. combine all ingredients except chips in a good food processor, and blend until completely smooth.
- 2 Stir in the chips , then pour into a 8 x 9-inch pan.
- 3 Optional-pour additional chips over the surface of the batter.
- 4 Cook 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the refrigerator over night and they will magically firm up!

Source: ChocolateCoveredKatie.com

Servings: 9

Chocolate Avocado Pudding (Christine's favorite version)

- 1 medium ripe avocado, pitted
- 1/4 cup cocoa or carob powder
- 1/4 cup maple syrup
- 6 tablespoons nondairy milk
- 1 teaspoon vanilla

Blend until smooth. Pour into a bowl cover and chill. Serve with fresh berries or nuts.