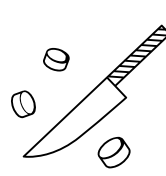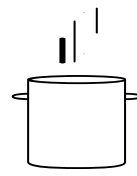# Healthy Black Bean Brownies (Gluten Free & Vegan)
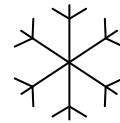
Healthly Brownies with all the taste cues.

10   35   ❄   8

Ingredients

400g (can) of no-salt-added black beans, drained and rinsed

100g of The Groovy Food Company Organic Date Syrup

50g cocoa powder

65g rolled oats

1 teaspoon baking powder

½ teaspoon baking soda

Handful pistachio nuts, finely chopped

50g Vegan dark chocolate pieces

Directions

1. Preheat the oven to 180 degress celcius. Line an 8- or 9-inch round cake pan with parchment paper (or use a silicone cake pan).

2.Combine the beans, date syrup, and cocoa powder in a food processor; process just until smooth. Add the oats, baking powder, and baking soda; process just until combined.

3.Spread batter into the prepared cake pan. Sprinkle with pistachios and chocolate pieces (if using). Bake for 35 minutes. Cool on a wire rack. Cut into wedges.