



Shana's Sneaky Treats

Sneaky Black Bean Brownie Recipe (gluten free, soy free)

Ingredients:

- 1 15 ounce can of black beans (drained+rinsed)
- 1/4 cup honey
- 1/2 cup maple syrup
- 3/4 cup GF all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 tsp baking powder
- 1/2 tsp baking soda
- 2 tbsp flax seeds
- 1 tbsp pure vanilla extract (plus a smidge more ☺)
- 1/2 cup dark mini chocolate chip morsels
- 1/4 cup shredded coconut

FOR TOPPINGS:

- Your choice of chopped nuts (walnuts, pecans, almonds, pumpkin seeds)
- Or for Halloween place Googly Eyes on each square for a funny or spooky face!
- You will need white chocolate morsels and mini dark chocolate morsels

– Recipe & Picture credit by Shana Griffin, RD.

Directions:

- ~Preheat oven to 350°
- ~Mix honey, maple syrup and black beans in food processor until smooth.
- ~Mix together in large bowl- flour, unsweetened cocoa powder, baking powder, baking soda, flax seeds, vanilla extract plus a smidge more ☺. Add in bean and honey mixture, stir until blended well.
- ~Fold in chocolate chip morsels and coconut. Place parchment paper in 8x8" pan or 6x9" so that you don't have to use oil or grease. Sprinkle top of brownie mixture with chopped nuts of your choice.
- ~Bake for about 35 minutes (use the toothpick method to test for doneness).
- YUM!
- **To make Googly Eyes-** Place white chocolate morsels on parchment papers, on a microwave safe flat dish, (*assure morsels are facing with tip up.) Microwave for approx. 2 minutes, or until chocolate has melted slightly. Next, carefully place a mini dark chocolate chop morsel on top of all the white chocolate; lightly press, enough so that it sticks into the white chocolate. Place in refrigerator and allow to cool for at least 5 minutes.



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