

Black beans are high in folic acid and magnesium and a good source of potassium and iron, which are all essential nutrients your body needs to function properly. You need adequate intakes of folic acid so that your body can continue to make healthy new cells. Magnesium is a mineral that helps with the production and distribution of energy, as well as the synthesis of protein. Without enough iron, your body would not be able to adequately oxygenate itself. Potassium is important for muscle and nerve function and also fluid balance.

Recipe courtesy of Melissa d'Arabian

Black Bean Brownies

Total Time: 50 min/Prep:15 min/Cook:20 min

Yield:12 brownies/Level:Easy

Ingredients

Butter, for greasing pan

3/4 cup cooked black beans /8–10 grams of incomplete protein

1/2 cup vegetable oil, or olive oil

2 eggs

1/4 cup unsweetened cocoa powder/ contain antioxidants

2/3 cup sugar

1 teaspoon instant coffee or espresso/ intensifies cocoa flavor

1 teaspoon vanilla extract

1/2 cup mini chocolate chips, divided

1/3 cup flour

1/2 teaspoon baking powder

1/2 teaspoon salt

1/4 cup confectioners' sugar, for dusting

Directions

Preheat the oven to 350 degrees F. Grease a 9 by 9–inch square baking pan.

In a blender, puree the beans with the oil. Add the eggs, cocoa, sugar, coffee, and vanilla. Melt half the chocolate chips and add to the blender. Blend on medium–high until smooth. In a small bowl, whisk together the flour, baking powder, and salt. Add to the blender and pulse until just incorporated. Stir in the remaining chocolate chips. Pour into the prepared pan. Bake until the surface looks somewhat matte around the edges and still a bit shiny in the middle, about 20 minutes. Let cool at least 15 minutes before cutting and removing from the pan. Dust with confectioners' sugar and serve.