

Flour-less Vegan Brownies

10 minutes preparation

20-25 minutes to cook

Serves 3



INGREDIENTS

3 tbsp Cocoa Powder

½ Cup of Porridge Oats

1 Can of Black Beans, drained and rinsed

½ Cup of Maple or Agave Syrup

¼ Cup of Peanut Butter (if you are wanting nut-free, substitute with vegetable oil)

2 tsp Vanilla Extract

½ tsp Baking Powder

½ cup of chocolate chips



METHOD

1. Preheat oven to 175 degrees/ Gas mark 4.
Grease a regular muffin tin or 8" x 8" tin.
2. Place everything but the chocolate chips in a food processor and pulse until smooth.
3. Stir in the chocolate chips, keeping some to decorate on top, spoon equally into the muffin tin.
4. Bake in the centre of the oven for 18 minutes.
5. Leave to cool on a tray, then gently ease a knife around the edges and turn out.



Expect them to sink a little in the middle but this gives a nice gooey texture and makes an ideal place to spoon on some yoghurt or ice cream.