



# No Flour Vegan Brownies

Serves 3

## INGREDIENTS

- 3 tbsp cocoa powder
- ½ cup of porridge oats
- 1 can of black beans, drained and rinsed
- ½ cup of maple/ agave syrup
- ¼ cup of peanut butter (use vegetable oil as a nut-free substitute)
- 2 tsp vanilla extract
- ½ tsp baking powder
- ½ cup of vegan chocolate chips



Expect them to sink a little in the middle but this gives a nice gooey texture.

## METHOD

1. Preheat oven to 180°C/ gas mark 4. Grease a regular muffin tin or 8 x 8" baking 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.
4. Spoon equal amounts into the muffin tin.
5. Bake in the centre of the oven for 18 minutes.
6. Leave to cool on a tray. Then gently ease a knife around the edges and turn out.

Serving suggestion- ideal with yoghurt or ice cream.