

Black Bean Brownies and Dye-free Green Frosting!

Instructions:

Black Bean Brownies

- 1 pound black lentils or black beans
 - 3 eggs
 - 3 Tbsp vegetable, coconut, or olive oil
 - 1/2 cup unsweetened cocoa powder
 - 1/4 tsp salt
 - 3 tsp vanilla extract
 - 1 tsp baking powder (for more cake-like brownies)
 - 1/2-3/4 cup sweetener of your choice (honey, sugar, agave, stevia, etc.)
1. Preheat oven to 350 degrees F. Spray an 8x8 square baking dish with cooking spray.
 2. Combine the beans, eggs, oil, cocoa powder, salt, vanilla extract, and sweetener, in a blender; blend until smooth.
 3. Pour the mixture into the prepared baking dish.
 4. Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 25- 30 minutes.

No-Dye Avocado Frosting

- 1 ripe avocado
 - 1 tablespoon coconut oil, softened
 - ½ teaspoon vanilla extract
 - 1/2 cup sweetener of your choice (honey, sugar, agave, stevia, etc.)
 - Pinch salt
1. Whisk avocado and oil until combined and no lumps remain.
 2. Beat in vanilla and salt.
 3. Add sweetener slowly and mix until combined.

Prep Time: 10 mins
Cook Time: 25-30 mins
Yield: 12 brownies

