

cranberries

FLOURLESS CRANBERRY BLACK BEAN BROWNIES

(yield - 16 squares)

½ cup	dried cranberries	125 mL
1 can	black beans, drained and rinsed	540 mL
2	large eggs	2
3 Tbsp	melted butter, coconut oil or vegetable oil	45 mL
1 tsp	pure vanilla extract	5 mL
¼ cup	good quality cocoa powder	60 mL
½ cup	granulated sugar	125 mL
⅓ cup	rolled oats ((use certified gluten-free if needed)	80 mL
1 tsp	baking powder	5 mL
¼ tsp	salt	1 mL

Gluten-free and rich in fibre, no one will notice that beans are the secret ingredient in these moist and tasty squares.

A food processor or good blender is a key to keeping the secret ingredient (black beans) a mystery.

1. Preheat oven to 350°F (180°C). Line an 8 x 8 baking pan with parchment paper or mist with cooking oil spray.
2. Place cranberries in a bowl and cover with boiling water. Set aside.
3. In food processor, combine all remaining ingredients and puree for about 1-2 minutes or until very well blended and smooth. If using a blender, place beans and oil in blender, puree well, add remaining ingredients and continue to blend well.
4. Scrape mixture into the prepared pan.
5. Drain cranberries and sprinkle them evenly on top of the brownie batter. Press them into the batter.
6. Bake for about 25 minutes. Allow to fully cool before slicing into 9 large or 16 smaller squares. Store in sealed container. Can also be frozen.

Per serving: 114 calories, 18 g carbohydrate, 3 g fibre, 3.5 g fat, 145 mg sodium, 3.5 g protein



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