



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Black Bean and Walnut Brownies

Serves 12

Ingredients:

- 1 (15 1/2 oz) can black beans, rinsed and drained
- 1/2 cup olive oil
- 2 large eggs
- 1/4 cup unsweetened cocoa powder
- 1/4 cup agave or maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup mini chocolate chips, divided into two 1/4 cup portions
- 1/3 cup white whole wheat flour
- 1/2 teaspoon baking powder
- 1 teaspoon canola, coconut, or walnut oil
- 1/4 cup chopped walnuts



Directions:

1. Preheat oven to 350 degrees. Lightly grease 9" x 9" square baking pan with canola oil.
2. In a blender, puree black beans in olive oil. Then add eggs, cocoa, agave/maple sugar, and vanilla. Melt half of the chocolate chips and add to the blender. Blend until smooth.
3. In a small bowl, whisk together the flour and baking powder. Add to the blender and pulse until just incorporated.
4. Stir in the remaining chocolate chips and pour into prepared pan. Sprinkle walnuts on top.
5. Bake about 20 minutes, until surface looks somewhat matte.
6. Let cool at least 15 minutes before cutting and removing from the pan.

Nutrition Tips:

1. Black beans are a great way to add fiber and plant-based protein to a traditional brownie recipe. The bland flavor of black beans allows them to take on the flavor of other recipe ingredients such as cocoa powder, chocolate chips, and vanilla extract. Beans also give these brownies a smooth consistency.
2. Preparing dried beans instead of canned beans is a great way to save money in your grocery budget. You can replace one 15 1/2 oz can of black beans by preparing 3/4 cup dried black beans.

Source:

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.