

Black Bean Brownie

Recovery Bars

Makes 5 servings

My clients love my black bean brownie recipe. In fact, I am known as the “lady who makes those black bean brownies.” When I found the recipe for *Black Bean High-Protein Brownies*, I knew I had to try it. While my Black Bean Brownies were more like a dessert, these are more like brownie flavored protein bars. The original recipe can be found in *Power Hungry: The Ultimate Energy Bar Cookbook* (by Camilla V. Saulsbury, Lake Isle Press, Inc., New York: 2013). Homemade cooked black beans are always a better choice than canned. See *Food Technique* to learn how to make your own.

Ingredients:

2 cups cooked and drained black beans
1/3 c honey
3 large eggs
1/3 c non-dairy milk (such as cashew or almond)
3 TBS virgin cold pressed coconut oil, warmed until melted
2 tsp fresh ground coffee beans
3/4 c protein powder (chocolate or vanilla)
1/4 c unsweetened cocoa powder
3/4 tsp baking powder
1/4-1/2 tsp sea salt
2 TBS dark chocolate chips

Directions:

1. Line a 9-inch square baking pan with foil or parchment paper and spray with nonstick cooking spray. Preheat oven to 350F.
2. Put the beans, honey, eggs, milk, oil, and ground coffee in a food processor. Process until blended well. Scrape the sides and blend until smooth.
3. Add the protein powder, cocoa powder, baking powder, and salt to the processor and blend until well incorporated.
4. Spread the mixture evenly in the baking pan and sprinkle with chocolate chips.
5. Bake for 25 to 30 minutes or until the edges begin to pull away from the sides of the pan. Cool completely.
6. Cut into 5 bars. Store in the refrigerator or freezer.

Nutrition (per 1 serving): 251 cal, 37 g carb, 6 g fiber, 15 g protein, 12 g fat, 1318 mg sodium, 14% DV iron