



Food and Agriculture
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Ingredients

Beans	1 cup	For the frosting	
Flaxseeds	2 tablespoons	Unsweetened cocoa powder	1/3 cup
Boiling water	5 tablespoons	Almond milk	1/4 cup
Peanut butter	1/2 cup	Coconut oil	1/2 tablespoon
Unsweetened cocoa powder	1/4 cup	Powdered sugar	1 tablespoon
Quick oats	1/2 cup		
Coconut sugar	2/3 cup		
Coconut oil	1/4 cup		
Vanilla extract	1/2 teaspoon		
Baking powder	1/2 teaspoon		
Salt	dash		

Bean Fudgy Vegan Brownies

Ecuador | Easy | 30 minutes | 6 to 8 servings | Dessert

This delicious low fat combination of beans and chocolate is loaded with fiber and other rich nutrients allowing you to eat it without guilt! Everything you know about brownies will change after trying this recipe!

Tools and equipment

- ~ Food processor
- ~ Measuring cup
- ~ Baking pan
- ~ Tablespoon
- ~ Teaspoon



Directions

Preparation of the brownie:

- 1 Preheat oven at 350° F (180°C) and let the magic begin.
- 2 Mix flaxseeds with water. Set aside.
- 3 For this step, using a food processor is highly recommended since it helps the dough become creamier. Combine all ingredients in the food processor: beans, peanut butter, cocoa powder, quick oats, coconut sugar, coconut oil, vanilla, baking powder and salt. Pulse until smooth and creamy (if your food processor is too small, make sure you divide the ingredients to mix them up equally).
- 4 Add the flaxseed mixture to the dough. Pulse the food processor again until everything is well mixed.
- 5 Grease an 8-inch cake pan and pour in the beany dough.
- 6 Bake for about 15-20 min until set

Preparation of the frosting:

- 7 Mix all ingredients: chocolate, almond milk, margarine, powdered sugar.
- 8 Microwave for 40 seconds. Stop every 10 seconds to stir the mixture until you complete the 40 seconds. (If preferred, melt the chocolate and butter over a hot-water bath and then add the rest of the ingredients)
- 9 Cover your beany brownies with the chocolate frosting.

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