



Ingredients

- 1 cup organic unsweetened applesauce
- 1 can (15.5 ounces) black beans
- 3/4 cup 100% pure maple syrup Grade B* (or Coconut Nectar)
- 1 cup liquid egg whites (or 6 egg whites)
- 1 teaspoon vanilla
- 1-1/2 cups oat flour (162g)
- 1 cup unsweetened cocoa powder (96g)
- 2 teaspoons baking powder (aluminum-free)
- 1 teaspoon salt
- **Optional** - 1 to 2 teaspoons peppermint extract (omit vanilla)

Directions

Preheat oven to 350°.

In a blender (VitaMix or Blendtec) or food processor, blend the applesauce and beans. Add maple syrup, egg whites, and vanilla. Blend until smooth.

In a separate big bowl, whisk the oat flour, cocoa, baking powder, and salt. Add wet blender mixture (and optional extract) and whip until blended.

Spray 2 Wilton silicon Bite-Size Brownie Square pans* lightly with coconut oil (optional). Lay side by side on top of cookie sheet. Using small ladle or spoon, fill each cavity to the top. Bake for 14 to 16 minutes. The key is not to over bake. Let cool just long enough to lift out with a knife or fork (a couple minutes) and transfer to cooling rack. Two pans will make 48 brownies. You should have enough batter left to make about 8 more brownies.

If using a 13x9x2 brownie pan, bake longer (approx. 20 to 25 minutes while testing).

Tips

Oat Flour - Make your own from Quaker Old-fashioned oats with a high-powered blender.

Unsweetened Cocoa - Hershey's or Penzey's (better, but more expensive so I usually use Hershey's and buy at Wal-Mart)

Maple Syrup - Grade B is "less processed" and therefore better for you than Grade A, but you can use either. I have also used coconut nectar (<http://www.coconutsecret.com/nectar2.html>), which doesn't have a coconut taste. Buy at Sprouts or Whole Foods or order from Vitacost.com.

Baking Powder - Rumford's aluminum-free at Wal-Mart

Remove from pans as soon as they are cool enough to lift out.



Makes 56 Bite Size brownies

Nutritional Information Per Serving

Serving Size = 4 brownies

Calories	156
Protein	7g
Carbohydrate	31g
Fat	2g

Refrigerate or freeze.

* Wilton silicone brownie bite pans may be purchased through Amazon or other retailers. Search with Google: Wilton silicone brownie bite pans.

