

Red Velvet Black Bean Brownies

Prep Time 10 mins
 Total Time 30 mins
 Meal Type Snack
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 8



Ingredients

lb,c g,ml

- 1 1/2 cup black beans, canned, *drained and rinsed*
- 1/4 cup coconut oil, *melted*
- 1/2 cup beets, cooked, *shredded*
- 2 Tbs cocoa powder
- 1/2 cup oats
- 1/4 tsp salt
- 1/2 cup maple syrup
- 2 tsp vanilla extract
- 1 1/2 tsp baking powder

Directions

Prep

1. Rinse and drain beans.
2. Melt coconut oil.
3. Shred cooked beets [pre-cooked beets that are vacuum-packed can usually be found in the produce section of your grocery store.]

Make

1. Preheat oven to 350° F.
2. Place all ingredients in a food processor and blend until completely smooth.
3. Spread in greased 8x8 baking pan or using a mini ice cream scoop, place in greased mini muffin tins.
4. Cook for 20 minutes [pan] or 8 minutes [muffin tins] then remove from oven and cool for at least 15 minutes before cutting.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	183	Total Fat 7.4g	11%	Total Carbohydrates 26g	8%
		Saturated Fat 5.8g	29%	Dietary Fiber 4g	17%
		Trans Fat 0.0g		Total Sugars 13g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 145mg	6%		
Vitamin D 0mcg 0% · Calcium 82mg 8% · Iron 1mg 8% · Potassium 356mg 7%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -