

Fudgy Brownies

2 C. sprouted and cooked pinto beans
2 T. ground flax
1 ½ T coconut oil
3 T peanut butter or almond butter
2 T vanilla
1 T plum butter or applesauce
½ to ¾ C. maple syrup, agave or honey-as you like it
½ C. cocoa powder or carob powder
¼ t baking soda
1 t baking powder



Preheat oven to 350. Put the ingredients in a food processor until well mixed and smooth. You can fold in some vegan chocolate or carob chips if you like-which I do. Place in muffin tins 20-25 minutes or in a 8x8 pan 30-35 minutes. Allow to cool. These are amazing! So fudgy and yummy! My kids didn't even suspect any healthy stuff going on. :)

(I altered this from a recipe I found, so I can't take credit for it, but I'll pass on my changes and the amazingness of these brownies!)