

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Black Bean Brownies

Adapted from Baking With Agave Nectar by Ania Catalano

This is a gluten-free recipe. No flour required! It also uses agave nectar, which is a low glycemic index sweetener. You can find agave nectar in the health food aisle of Dierbergs, or at a health food store such as Nutrition Stop or Whole Foods. If you have a hard time finding it, substitute honey 1:1 for the agave nectar. Keep these brownies in the refrigerator. They will slice much better if refrigerated several hours or preferably overnight.

4 ounces unsweetened chocolate

1 cup unsalted butter

2 cups canned black beans

1 cup walnuts, chopped

1 tablespoon vanilla extract

1/8 – 1/4 cup (granulated) natural coffee substitute, or instant coffee (You can find natural coffee substitute at many natural food stores.) The more you add, the more “mocha” flavor there will be.

1/4 teaspoon salt

4 large eggs

1 1/2 cups light agave nectar

1. Preheat the oven to 325° F. Line a 9 1/2 - by 13-inch pan with parchment paper and lightly oil with non-stick spray.
2. Melt the chocolate and butter in a small saucepan.
3. Place the beans, 1/2 cup of the walnuts, the vanilla extract, and a couple of spoonfuls of the melted chocolate mixture into the bowl of a food processor. Blend about 2 minutes, or until smooth. The batter should be thick and the beans smooth. Set aside.
4. In a large bowl, mix together the remaining 1/2 cup walnuts, remaining melted chocolate mixture, coffee substitute, and salt. Mix well and set aside.
5. In a separate bowl, with an electric mixer beat the eggs until light and creamy, about 1 minute. Add the agave nectar and beat well. Set aside. Add the bean/chocolate mixture to the coffee/chocolate mixture. Stir until blended well.
6. Add the egg mixture, reserving about 1/2 cup. Mix well. Pour the batter into the prepared pan. Using an electric mixer, beat the remaining 1/2 cup egg mixture until light and fluffy. Drizzle over the brownie batter. Use a wooden toothpick to pull the egg mixture through the batter, creating a marbled effect. Bake for 30 to 40 minutes, until the brownies are set. Let cool in the pan completely before cutting into squares. (They will be soft until refrigerated.)

Healthy Recipe of the Week

Use Organic ingredients whenever possible.