



Choc Walnut Brownies

vegetarian dairy-free gluten-free refined-sugar-free soy-free

Serves: 12 | Preparation time: 15 minutes + Cook time: 30 minutes

Ingredients

The brownies

- 1 cup cooked black beans or canned no-added-salt black beans, rinsed under water & drained well
- 2 very ripe bananas
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 1 tablespoon alcohol-free vanilla extract
- 12 medjool dates, pitted
- $\frac{1}{4}$ cup water
- 1 cup walnut flour (ground up raw walnuts)
- 1 $\frac{1}{2}$ cups quinoa flour (see Note)
- 1 $\frac{1}{2}$ tablespoons gluten free baking powder
- $\frac{1}{2}$ cup unsweetened dried cherries or unsulfured apricots (optional)

The topping

- 1 ripe avocado
- $\frac{1}{2}$ cup water
- 4 tablespoons unsweetened cocoa powder
- 5 medjool dates
- $\frac{1}{4}$ teaspoon alcohol-free vanilla extract

Preparation

1. Preheat oven to 180°C.
2. Mix the first 6 ingredients in a food processor or blender (from black beans through to water) and blend until smooth and creamy. Set aside.
3. Mix the walnut flour, quinoa flour and baking powder in a large bowl and once completely mixed, add the blended bean mixture. Stir very well until the flours are completely incorporated into the batter. If desired, stir in chopped, unsweetened dried cherries or apricots.
4. Pour into an 8 x 8 inch brownie pan lined with baking paper. Bake for 30 minutes and let cool.
5. Blend topping ingredients in a high-powered blender. Spread topping on cooled brownies.
6. To cut clean slices, place pan in freezer for 15 minutes so that the brownies harden and the slices will be smooth and mess-free. Wipe your knife between each cut for a cleaner look.



Note: You can also use oat flour, spelt flour, whole wheat flour or a combination of these, but it would no longer be gluten free.