



VEGAN DARK CHOCOLATE & FRESH MINT LEAVES BROWNIES

INGREDIENTS

- 2 cans (398 ml/ can) - org black beans
- 2 cups (280 g) - org almond flour - gluten-free
- 1 cup (240 ml) - org coconut cream (full fat)
- 1 cup (140 g) - org dark chocolate chips - gluten and peanut free
- ½ cup (75 g) - org raw cacao powder
- ½ (120 ml) - org raw coconut oil
- ½ cup (120 ml) - org maple syrup
- 1 cup (140 g) - org fresh mint leaves
- 6 tbsp - bottled or filtered water
- 3 tbsp - white chia seeds (for the flex egg)
- 1 tbsp - org chocolate extract
- 1 tsp - baking powder
- 1 tsp - baking soda
- 1 tsp - apple cider vinegar
- ½ tsp - pink himalayan salt

PREP TIME: 20MINS

COOK TIME: 45 MINS

TOTAL TIME: 1HR 5MINS

SERVES: 12

VEGAN

GLUTEN-FREE

NUTS FREE

REFINED SUGAR-FREE

DIRECTIONS (1)

Pre-baking tip# 1: Prepare the flex egg(s) the day before and refrigerate

1:2 ratio - 1 tbsp white chia seeds to 2 tbsp water - in this case - mix the 3 tbsp of white chia seeds with the 6 tbsp of cold bottled or filtered water

Preheat the oven at 350° F (180°C).

Add baking sheet onto the slightly greased baking pan

Step 1

Add ALL the following ingredients straight into a blender or food processor:

- black beans (first drain and rinse well with cold water)
- coconut cream
- coconut oil
- maple syrup
- flex eggs (3)
- raw cacao powder
- chocolate extract
- himalayan salt
- fresh mint leaves

Blend well stopping and scraping the sides of the blender as needed. Composition should blend fairly well due to the majority of the wet ingredients

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DIRECTIONS (2)

Step 2

Pour the blended composition into a medium size kitchen bowl and ADD the remaining ingredients in the following order:

- almond flour
- baking powder
- baking soda
- apple cider vinegar

First, use a large spatula to help incorporate the dry ingredients into the wet mixture. Once incorporated use a whisk to help mix all the ingredients until reaching a smooth and creamy composition.

The composition should be firm enough that it should stick to the whisk and not drip (as a runny mixture would).

Step 3

Last, add the dark chocolate chips and use the spatula again to incorporate into the mixture.

Step 4

Pour the beautiful chocolate mixture into the pan, even out the top, and bake at 350° F (180°C) for 40-45 minutes.

Let rest for at least 1 hour before removing from the pan.

The achieved texture of the brownies should be moist, not dry.

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DIRECTIONS (3)

Optional to drizzle on top while serving: Salted Caramel Sauce

In a small pan add the following:

2 tbsp – wholesome natural raw cane turbinado sugar (unrefined)

2 tsp – water

1 tbsp – orga coconut cream (full fat)

¼ Tsp – himalayan salt

Step 1

Bring the water and the turbinado sugar to a boil on low heat 95° F (35°C) mixing while whisking gently until composition gets thicker.

Step 2

Add the coconut cream, and continue to whisk gently for 5 more minutes and then set aside.

Let cool and pour into a glass jar for storing or serving immediately.

You can refrigerate the caramel sauce for up to 1 month, or freeze for up to 3 months.

Notes:

Serve the brownies cut into your preferred shapes. I got creative with mine. :)

Serve fresh, and refrigerate leftovers for up to 3 days.

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