

### **Black Bean Brownies** (adapted from [Chocolatecoveredkatie.com](http://Chocolatecoveredkatie.com) recipe)

1 15 oz can of black beans rinsed and well drained  
2 Tbsp cocoa powder  
½ cup oats  
½ cup sweetener (honey/maple syrup/agave)  
¼ cup oil (vegetable/coconut)  
2 tsp vanilla  
½ tsp baking powder  
½ cup chocolate chips

Preheat oven to 350 degrees and grease an 8x8 baking pan.  
Process all the ingredients, except chips, in a food processor or blender until very smooth.  
Blend really well.  
Mix in chips  
Pour into greased pan. Top with extra chips or chopped nuts, if you'd like.  
Bake for 15-18 minutes.  
Let cool in pan for 10 minutes before attempting to cut.

### **Two Simple Bean Dips** (no tahini needed!)

#### Version 1

1 can of white beans rinsed and drained well  
1 lemon (use juice and zest)  
2Tbsp oil  
Salt and pepper to taste  
1 clove of garlic minced, optional

Combine all ingredients in a blender or food processor until smooth.  
Serve with vegetables or crackers for dipping.

#### Version 2

1 cup of pureed beans--your choice  
2Tbsp of sour cream  
1 tsp ranch flavored seasoning

Blend well. Great with vegetables or crackers.

