

Black Bean Brownies



Ingredients

- 1 can black beans
- 1 egg
- 3 Tbsp coconut oil
- ¾ cup cacao powder
- ¼ cup coconut sugar
- ¼ cup maple syrup
- ½ tsp salt
- 1½ tsp baking powder
- 1 tsp vanilla extract

Toppings

- A handful of chopped walnuts (or nut/seed of choice)
- A handful of chocolate chips

Instructions

1. Preheat the oven to 350 degrees F and lightly grease a 12-slot muffin pan (standard).
2. Drain the can of black beans in a colander and rinse with water.
3. Add black beans, egg, coconut oil, coconut sugar, maple syrup, salt, baking powder, and vanilla extract to a food processor and blend until smooth.
4. Pour batter into the prepared muffin tin and add toppings of choice.
5. Bake in the oven for 20 minutes or until the tops are dry and edges start to pull away from the sides of the tin.
6. Remove from the oven and allow to cool for 15 minutes before removing from the pan.
7. Enjoy immediately or store in an airtight container in the refrigerator for up to 5 days.



Coconut Banana Ice Cream

Ingredients

- 3 bananas
- ¼ cup coconut milk or coconut cream
- 1 tsp vanilla extract
- A handful of walnuts
- A handful of chocolate chips
- ½ cup unsweetened shredded coconut

Instructions

1. Peel the bananas and cut them up into small pieces.
2. Add them to a container and freeze for a minimum of 4 hours.
3. Once bananas are ready, add walnuts and chocolate chips to a food processor and pulse until chopped into smaller pieces.
4. Add frozen banana pieces, coconut milk or cream, vanilla, and shredded coconut to the food processor.
5. Blend all ingredients until smooth and enjoy!
6. To store, transfer the ice cream to an airtight container and place it in the freezer. Let stand at room temperature for 10 minutes before serving.