

A top-down photograph of several square brownies topped with a thick, glossy, orange-brown date caramel. The brownies are arranged on a piece of white parchment paper, which is placed on a light blue-grey textured surface. Some brownies are also on a white ceramic plate to the right. In the top left corner, a small white bowl contains more of the date caramel. A butter knife with a wooden handle and a metal blade, smeared with caramel, lies on the left side of the parchment paper. The overall lighting is soft and even, highlighting the textures of the brownies and the caramel.

Recipe

BLACK BEAN BROWNIES AND DATE CARAMEL

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Recipe: **MINNA VAUHKONEN**

INGREDIENTS

FOR THE BROWNIES

- 2 tbsp chia seeds or ground flax seeds + 6 tbsp water
- 1 can (400 g) black beans (cooked)
- 150 g cacao pulver
- 4 tbsp coconut oil
- 3 tbsp oat milk
- ¼ tsp sea salt
- 1 tbsp coconut or maple syrup
- 100 g coconut sugar
- 1 tsp baking powder
- ½ tsp vanilla powder
- optional:
 - 50 g vegan dark chocolate chips or crushed nuts



SERVING
16 servings



CATEGORY
Dessert



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- STEP 1** Preheat oven to 180 °C.
- STEP 2** Mix together 2 tbsp chia seeds or ground flax seeds with 6 tbsp water and set aside to sit for five minutes.
- STEP 3** Drain and rinse the black beans and put in a blender or food processor. Blend until smooth.
- STEP 4** Add all other ingredients to the blender (except the optional chocolate chips or nuts). Also add the chia or flax seed mixture. Blend until smooth.
- STEP 5** If you like, add some chocolate chips or crushed nuts to the batter and mix with a spoon.
- STEP 6** Line a baking pan (about 20 x 20 cm) with parchment paper and pour the batter into the pan.
- STEP 7** Bake in the oven for 35-40 minutes.
- STEP 8** Let the brownies cool down on a rack and then put in the fridge to set overnight or for at least a couple of hours.

FOR THE DATE CARAMEL

200 g Medjoul dates (pitted and cut in half)

1 tbsp coconut oil

2 tbsp oat milk

1 tbsp coconut or maple syrup

¼ tsp sea salt

STEP 1

Soak the dates in boiled water for 5 minutes.

STEP 2

Then drain and add to a blender with all the other ingredients. Blend until smooth and add a layer on top of the cooled brownies.