



Wheeler

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Sweet Potato Black Bean Brownie

An easy dish to use up abundant zucchini that kids will love.

Ingredients

1 15-ounce can drained and rinsed (1 $\frac{3}{4}$ cup cooked black beans)
7-9 Medjool dates
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ cup mashed sweet potato
1 whole egg *see below for egg free version
2 teaspoons vanilla extract
4 tablespoons canola oil
 $\frac{3}{4}$ cup cocoa powder
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon sea salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 cup dark chocolate chips

Equipment

Large bowl
Small bowl
Large spoon
Rubber spatula
Cupcake liners or cooking spray

Parchment paper
Measuring spoons
Liquid measuring cup
Muffin pan or 8 x 8 baking pan
Food processor, submersion blender or blender

Directions

1. Preheat the oven to 350 degrees.
2. Lightly grease muffin pan, line with paper liners or you can also use a 8 x 8 baking pan.
3. Date Paste: Boil water. Remove the stems and seeds from the dates and place in a bowl. Add enough boiling water to the bowl to just cover the dates. Allow to sit for 10-15 minutes. Drain the dates and reserve the soaking liquid. Place the dates in a blender or food processor. Process the dates, adding the soaking liquid, 1 tablespoon at a time until the mixture is smooth, but still thick.
4. To your date paste, add rinsed beans until smooth. Place bean/date mixture in a large bowl.
5. Add sweet potato, date paste, brown sugar, eggs, oil and vanilla extract stir until smooth.
6. In a separate bowl add the cocoa, baking powder, sea salt, cinnamon, and nutmeg, stir to combine. Add the dry ingredients to the bean mixture mix until smooth, scraping down the sides as needed. Add chocolate chips and combine.
7. Fill each muffin slot with $\frac{1}{4}$ cup batter or evenly distribute mixture into lightly greased and parchment lined 8 x 8 baking pan.
8. Bake until top is firm, and edges are just starting to pull away from the sides.
9. Muffins should take for 30-35 minutes, if baking in an 8 x 8 pan allow 35-45 minutes.
10. Remove from the oven and allow to cool. Once completely cooled store in an airtight container for 1 week. They also freeze well.

Egg free: Mix 3 tablespoons ground flax meal or chia seeds with 4 tablespoons warm water, allow to sit for 5 -10 minutes. Add flax/chia water mixture with other wet ingredients. Omit eggs



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😊 Little helpers: Children can measure and dump the ingredients into the food processor. They can measure the wet and dry and combine them. Review liquid and dry measuring techniques with them. Allow them to fill the muffin tins and add the chocolate chips.

🍏 Nutrition: These brownies have less added sugars and more fiber than a traditional brownie. The beans add additional fiber, protein, and folate. These brownies are still calorie dense and should be enjoyed in moderation.