

Black Bean and White Chocolate Ghost Brownies



Discover our delicious recipe for Black Bean and White Chocolate Ghost Brownies. These brownies are moist, flavorful, and perfect for Halloween.

Preparation 15 min

Cooking 20 min

Servings 6

Nutrition Facts (per serving)

Calories 319

Fat 15

Carbohydrates 31

Fibre 7

Protein 8

Sodium 218

Ingredients

- 250 g (1 ½ cups) black beans, rinsed and drained
- 80 g (1 cup) rolled oats
- 10 g (2 tbsp) cocoa powder
- 20 g (4 tbsp) flaxseed
- 60 ml (¼ cup) maple syrup
- 1 g (½ tsp) baking powder

- 45 ml (3 tbsp) vegetable oil (divided)
- 1.25 ml (¼ tsp) salt
- 50 g (¼ cup) semi-sweet chocolate chips
- 50 g (¼ cup) white chocolate chip (optional)
- Mark with dark icing (optional)

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a food processor, combine black beans, oats, cocoa powder, flaxseed, maple syrup, magic baking powder, vanilla extract, 2 tablespoons vegetable oil and salt. Blend until smooth.
3. Transfer the mixture to a bowl. Add 30g of chocolate chips, save the rest for later.
4. Place parchment paper in a baking sheet. Transfer the dough to the baking sheet.
5. Sprinkle remaining chips on top of dough. Bake for 20 minutes.

Optional:

1. In a bowl, combine white chocolate and 1 tablespoon vegetable oil and heat in the microwave for 1 minute and 30 seconds. Stir to combine.
2. Place in the freezer for 15 minutes to set chocolate.
3. With a butter knife, remove white chocolate and spread on parchment paper to create a ghost. Repeat to create 6 ghosts.
4. Remove the ghosts from the freezer and with the icing marker, draw 2 eyes and a mouth on the ghosts.
5. Once brownies are baked, divide into 6 pieces. Peel ghosts off parchment paper and place on brownies.



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