

## Ingredients:

- 1 ½ cups (1-15oz can) cooked great northern white beans
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup coconut sugar (or brown sugar/ sugar substitute)
- Optional few drops of stevia for added sweetness
- ¼ cup apple sauce
- 1 T vanilla
- 2 tsp almond extract (optional)
- ½ cup + 2 Tbsp rolled oats
- ¼ cup butter, melted (optional brown butter)
- ½ cup vanilla chips (optional, can use whatever chips you'd like)



## Instructions:

- 1) Preheat the oven to 350F. Line an 8x8 glass pan with parchment paper.
- 2) Add your rolled oats to blender or food processor and blend until course flour is made, add your brown sugar, coconut sugar, baking powder and soda and salt. Mix until all combined.
- 3) Combine the rest of the wet ingredients in the blender with the dry and blend until the batter is mostly smooth. You may have some oats that are not entirely ground up, but the rest of the batter should be smooth.
- 4) Fold in fold in your choice of chocolate or vanilla chips and nuts with spatula.
- 5) Pour the batter into the prepared pan and top with optional toppings and bake for 12-20 minutes, until the tops are medium golden brown. Careful not to undercook the brownies as the center will remain gooey.
- 6) Allow the brownies to cool completely before cutting.

## Nutrition Facts

<b>Calories</b> .....	236kcal
<b>Carbohydrate</b> .....	31g
<b>Protein</b> .....	6g
<b>Total Fat</b> .....	10g
<b>Saturated Fat</b> .....	5g
<b>Sodium</b> .....	215mg
<b>Potassium</b> .....	327mg
<b>Fiber</b> .....	4g
<b>Sugar</b> .....	11g
<b>Vitamin C</b> .....	0.2mg
<b>Calcium</b> .....	78mg
<b>Iron</b> .....	1.7mg