



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Black Bean Avocado Brownies (adapted from Cara's Cravings and Cook's Illustrated's Lighter Brownies)

12 medium squares

¼ cup almonds
½ cup (3.5 ounces) sugar
⅛ teaspoon table salt
1 (15-ounce black) beans, rinsed and drained
2 ounces avocado flesh (about ½ an avocado)
3 ounces semisweet chocolate, coarsely chopped
2 tablespoons Dutch-processed cocoa powder
1 tablespoon boiling water
1 tablespoon vanilla extract
½ teaspoon instant espresso powder
½ teaspoon baking powder
2 large eggs

1. Adjust an oven rack to the middle position and heat the oven to 350 degrees. Coat an 8-inch square baking pan with vegetable oil spray.
2. Process the almonds, sugar, and salt in a food processor until the almonds are finely ground, about 2 minutes. Add the beans and avocado; process until the beans are smoothly pureed, 4-5 minutes (some flecks of bean skins may remain).
3. Set a heatproof bowl over a saucepan with one inch of simmering water. Add the chocolate; stir frequently until the chocolate is smooth. In a separate small bowl, whisk the cocoa, water, vanilla, and espresso powder together. Add the chocolate, cocoa mixture, and baking powder to the bean mixture; pulse to combine. Add the eggs; process for 30 seconds, stopping twice to scrape the sides of the bowl.
4. Pour the batter into the prepared pan and smooth the top. Bake until a toothpick inserted into the center comes out clean, about 25 minutes. Cool completely on a wire rack, about 1 hour. Store leftovers, tightly wrapped, in the refrigerator for up to 5 days.