

BROWNIES 2 WAYS

Old Fashion Brownies

INGREDIENTS

- 1/2 cup butter
- 3/4 cup brown sugar
- 2 eggs
- 1 tsp vanilla
- 1/3 cup cocoa powder
- 1/2 cup flour
- 1/4 tsp salt
- 1/4 tsp baking powder

FROSTING:

- 3 TBSP butter, softened**
- 3 TBSP cocoa powder**
- 1 TBSP honey**
- 1 tsp vanilla**
- 1 cup icing sugar**

Combine all ingredients. Stir until smooth. Frost brownies while they are still warm.

INSTRUCTIONS

1. Preheat oven to 350°F. Grease and flour a square pan.
2. Melt the butter.
3. Combine melted butter, sugar, eggs, and vanilla. Stir well.
4. Combine in a separate bowl cocoa powder, flour, salt and baking powder. Stir well, then add to the wet ingredients.
5. Spread batter into prepared pan.
6. Bake for 25-30 minutes. Do not overcook - better softer.

SWITCH IT UP!

Add some **PROTEIN** to your brownies for a super satisfying treat with

BLACK BEAN BROWNIES



BLACK BEAN BROWNIES

Ingredients:

- **1 can black beans - drain and rinse well**
- **2 TBSP cocoa powder**
- **1/2 cup quick oats**
- **1/4 tsp salt**
- **1/3 cup maple syrup or honey**
- **1 pinch stevia (optional or additional 1 tbsp honey)**
- **1/4 cup coconut oil**
- **1/2 tsp baking powder**
- **1/2 cup chocolate chips**

- 1. Preheat oven to 350°F. Grease or line muffin tin with papers.**
- 2. Combine honey (or maple syrup), stevia and coconut oil. Add black beans. Blend in food processor or blender until smooth. Add water if needed to get smooth batter that looks all the same colour.**
- 3. Add cocoa powder, quick oats, salt and baking powder.**
- 4. Stir in chocolate chips. Spread or spoon batter in pan.**
- 5. Bake for 15-20 minutes.**
- 6. Top with chocolate chips or frosting while warm.**