



Healthy Black Bean Brownies

5 servings

18 minutes

Ingredients

- 1 1/2 cups Black Beans (One 15oz can rinsed, drained)
- 2 tsp Vanilla Extract
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Oat Milk (unsweetened)
- 1/2 cup Oats
- 2 tbsps Ground Flax Seed
- 1 tsp Baking Powder
- 1/4 tsp Sea Salt
- 3 tbsps Cocoa Powder (unsweetened)
- 1 cup Pitted Dates (about 5 dates)
- 1 cup Organic Dark Chocolate Chips (plus handful more for topping)

Directions

- 1 Preheat oven to 350°F. Line an 8x8 baking dish with parchment paper or grease with coconut oil.
- 2 Rinse and drain the black beans and add them to your food processor. Add the dates and then pulse a few times to break them up.
- 3 Add in the melted coconut oil, oat milk, vanilla and pulse a few times again.
- 4 Add in the oats, baking powder, cocoa powder, ground flax, and salt. Run the food processor until mixed well - stopping to scrape down sides with a spatula as needed. Batter should be smooth when done.
- 5 Remove blade and add in the chocolate chips. Mix with a spatula. Pour the batter into the prepared dish and smooth it out with your spatula so its even. Sprinkle extra chocolate chips over the top and gently press them down slightly with your spatula.
- 6 Bake for 18 to 20 minutes. Remove and let cool on the counter before cutting. Enjoy!

Notes

Storing: Store in refrigerator. Can be frozen and then warmed in microwave for a "hot" brownie. Serve with a scoop of ice cream.

Cocoa Powder: Look for an unsweetened powder or 100% cacao powder.

Chocolate Chips: Look for at least 70% or higher cacao



Chickpea Chocolate Chip Blondies

5 servings
30 minutes

Ingredients

- 1 1/2 cups Chickpeas (low sodium, about 1 can)
- 3/4 cup Oats
- 3 tbsps Ground Flax Seed
- 1/2 cup Water
- 1/4 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 1/2 tps Baking Powder
- 2 tps Vanilla Extract
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Maple Syrup
- 1 tbsp Almond Butter (unsalted, unsweetened)
- 1/4 cup Unsweetened Almond Milk
- 1 tbsp Tahini
- 1 cup Organic Dark Chocolate Chips

Directions

- 1 Preheat oven to 350°F. Grease an 8x8 baking dish with coconut oil or line with parchment.
- 2 Mix the ground flaxseed with the water and whisk. Let sit for 10 minutes until it becomes like a gel.
- 3 Drain and rinse the canned chickpeas. Add to the food processor fitted with S blade. Add all of the other ingredients (except the almond milk and chocolate chips) to a food processor and blend until smooth.
- 4 Add the almond milk and continue blending. Then, remove blade and stir in chocolate chips, leaving a small handful to sprinkle on top. Add the batter to the prepared 8x8 baking dish and spread with a spatula so its evenly distributed.
- 5 Bake on center rack for 20-23 minutes or until crackly on top and toothpick comes out clean. Sometimes this can take longer up to 30 min.
- 6 Remove and let cool on the counter for at least 1 hour before cutting into squares. Enjoy!

Notes

No Almond Milk: Sub any other non-dairy milk.

No Almond Butter: Sub any other nut butter or sunflower butter for nut-free.

No Maple Syrup: Sub raw unfiltered honey.



Dark Chocolate Berry Chia Pudding

2 servings

3 hours

Ingredients

1/4 cup Chia Seeds
1 tbsp Cocoa Powder
1 cup Unsweetened Almond Milk
1 tbsp Maple Syrup
1/4 tsp Vanilla Extract
1/2 cup Blueberries
1/2 cup Raspberries

Directions

- 1 In a mixing bowl combine the chia seeds and cocoa powder. Whisk to combine. Then slowly whisk in almond milk until all the cocoa powder is dissolved. Next, whisk in the maple syrup and vanilla.
- 2 Cover the bowl and refrigerate for at least 3 hours, or overnight.
- 3 For serving, divide chia pudding equally between bowls and top with berries. Enjoy!

Notes

No Berries: Use any type of chopped fruit instead.

Storage: Keeps well in the fridge up to 5 days.



Banana Bread Mug Cake

1 serving

5 minutes

Ingredients

1/2 Banana (medium, ripe, mashed)
2 tbsps Unsweetened Almond Milk
1 tbsp Maple Syrup
1 tbsp Almond Butter
1/2 tsp Vanilla Extract
3 tbsps All Purpose Gluten-Free Flour
1/2 tsp Baking Powder

Directions

- 1 In a tall mug combine the mashed banana, almond milk, maple syrup, almond butter, and vanilla extract. Stir in the flour and baking powder.
- 2 Microwave the mug cake for 2 minutes and 45 seconds until spongy to the touch and cooked through. Let the mug cake cool slightly then enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add salt, cinnamon, and/or nutmeg.

Additional Toppings: Fresh banana slices, butter, coconut butter, and/or honey.

No Almond Milk: Use oat milk instead.

Banana: Half a medium, ripe banana yields approximately three tablespoons of mashed banana.

Cooking Time: Cooking time may vary depending on the microwave.



Raspberry Avocado Ice Cream

2 servings

5 minutes

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size: One serving is equal to approximately 3/4 cup.

More Flavor: Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings: Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries: Use strawberries instead.