



HARVEST OF THE MONTH

Ingredient: Pulse crops

Chocolate Black Bean Muffins

PREP TIME: 10 minutes
COOK TIME: 20 minutes
TOTAL TIME: 30 minutes
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INGREDIENTS

1 14 oz can black beans, drained and rinsed
2 eggs
¼ C oil
1 ripe banana
¼ C milk
½ C sweetener of choice (brown sugar, honey, maple syrup)
2 tsp vanilla extract
1 ¼ C whole wheat flour
¼ C unsweetened cocoa powder
1 tsp baking powder
½ tsp baking soda
½ tsp salt
1/3 C chocolate chips (optional)

INSTRUCTIONS

1. Preheat oven to 350°F. Prepare 12 muffin cups by lining with muffin papers.
2. Add the beans, eggs, oil, banana, milk, sweetener, and vanilla to a blender. Blend for at least 30 seconds or until the beans are fully blended.
3. In a large bowl, whisk together the flour, cocoa powder, baking powder, baking soda, and salt.
4. Pour the contents of the blender over the dry ingredients and mix until combined. If using, add the chocolate chips and mix.
5. Divide the batter into muffin cups, and bake for 18-20 minutes.
6. Cool completely and enjoy!