



Fall in love with Linda's healthy brownies

I love chocolate and I just love to try new healthy recipes to share with my family and clients. If my girls love it, then I consider it a hit! While the title and ingredients may not sound appetizing at first, I assure you that these brownies will be a hit this Valentine's Day. Your loved ones will never guess the two secret ingredients in the recipe: black beans and chia seeds. Not only are you getting some good protein and fibre from the black beans, you are also consuming many good nutrients from the chia seeds.

Just look at all the good stuff packed into these little seeds:

- High amount of easy to digest protein
- One of the highest known whole food sources of omega-3 fatty acids
- Loads of fibre
- Calcium, which keeps bones strong
- Zinc which is needed for proper grown and immune health
- Iron which helps red blood cells carry oxygen

The other ingredient that is worth highlighting is DARK chocolate. If you are going to eat chocolate this Valentine's Day, then make sure it's DARK, at least 75% cocoa to actually get the health benefits which include, but not limited to:

- Brain happy hormones: It stimulates endorphin production, which gives a feeling of pleasure and it contains serotonin, which acts as an anti-depressant
- Heart Health: Dark chocolate contains flavanoids, antioxidants which protect the heart from free radical damage. Cocoa also contains magnesium, one of the most important minerals for heart health.
- Lower blood pressure: Flavanoids help to lower blood pressure through the production of nitric oxide which balances certain hormones in the body.

Hope you enjoy these wonderful healthy nutrient packed brownies!

Ingredients:

- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 3 large eggs
- 1/3 cup coconut oil or butter
- 2 tbsp of chia seeds
- 1/4 cup unsweetened cocoa powder
- Pinch of sea salt
- 2 tsp pure vanilla extract
- 1/2 cup coconut sugar
- 1/2 cup dark 70% chocolate chips (my fave are Camino)
- 1/3 cup chopped walnuts

Directions:

Preheat oven to 350°F.

Butter an eight-inch baking pan. Place the black beans, eggs, butter or coconut oil, chia seeds, cocoa powder, sea salt, vanilla, and coconut sugar in a food processor and blend until smooth. Remove the blade and stir in the chocolate chips and walnuts.

Add brownie mixture to a pre-greased 8X8 inch baking pan. Bake the brownies for 30 to 35 minutes, or until just set in the center. I like to add swirls of melted dark chocolate on top, a handful of chocolate chips and a few nuts. Cool before cutting into squares and enjoy!

