Black bean brownies

142g cooked beans

3 eggs

54 g oil

1 tsp vanilla extract

90 g brown sugar

45 g white sugar

50 g cocoa powder

¼ tsp salt

170g melted dark or milk chocolate (divided)

Preheat oven to 180c. Drain the beans.

Combine all ingredients in a high-speed processor except chocolate till smooth. Fold through half the melted chocolate then pour into a brownie tin. Top with remaining melted chocolate & bake 25 mins.

**Instructions**

* Preheat the oven to 180C/350F. Line an 8 x 8-inch pan with parchment paper and set aside.
* Combine all the ingredients in a high speed blender, except for the chocolate. Blend until smooth.
* Fold through half the chocolate then transfer the batter into the lined pan. Top with remaining chocolate.
* Bake the brownies for 25-30 minutes, or until a skewer comes out clean.
* Let the brownies cool in the pan completely, before slicing and serving.

**Notes**

**TO STORE**: Place brownies in an airtight container as soon as they cool. You can also wrap them tightly in food wrap or foil.

Black bean brownies can be left at room temperature for a day so long as they are away from direct sunlight and heat sources. Stored in the fridge, these brownies will last for 3 to 5 days.

**TO FREEZE**: Leftovers can be placed in a ziplock bag and stored in the freezer for up to 6 months.

**Nutrition**

**Serving:**1brownie**Calories:**185kcal**Carbohydrates:**21g**Protein:**4g**Fat:**11g**Sodium:**238mg**Potassium:**182mg**Fiber:**5g**Vitamin A:**69IU**Vitamin C:**1mg**Calcium:**44mg**Iron:**2mg**NET CARBS:**16g

**Course:**Dessert

**Cuisine:**American

**Author:**[Arman](https://thebigmansworld.com/about/)

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**Arman Liew**

I’m a two time cookbook author, photographer, and writer, and passionate about creating easy and healthier recipes. I believe you don’t need to be experienced in the kitchen to make good food using simple ingredients that most importantly, taste delicious.

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**Comments**

1. **Pam**

[June 25, 2015 at 6:41 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138727)

I wish you would include nutrition/calories per serving

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138727)

* 1. **Arman**

[June 26, 2015 at 2:11 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138905)

Hi Pam, I don’t count calories and focus on the ingredients- You’re more than welcome to plug the ingredients into a calorie counting service like myfitnesspal if you want such information 🙂 Enjoy!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138905)

1. **cottercrunch**

[June 25, 2015 at 7:01 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138731)

how does one get to be your epic friend and get these epic samplings? LOL!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138731)

* 1. **Arman**

[June 28, 2015 at 4:24 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139203)

hahaha live in New York!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139203)

1. **Holly**

[June 25, 2015 at 7:04 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138732)

Omg where have you been all my life and why am I only just discovering your blog in the last month. Seriously?! I want to eat every single recipe you post!
And I love how you said you didn’t trust your taste buds. I totally get that. I think pretty much everything I make is tasty, but I’m definitely used to “health food” and my taste buds have adapted. I always worry that the average person wouldn’t actually like it.

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138732)

* 1. **Arman**

[June 28, 2015 at 4:25 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139205)

Speak for yourself- I’m not going to lie, I spent last week stalking your blog and your recipes!

Haha, when I was back in Australia, I’d have to get my sister to triple test everything

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139205)

1. **SuzLyfe**

[June 25, 2015 at 7:05 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138733)

Beans are tough on my system in general, which is hilarious considering the amount of fiber that I consume on a daily basis. I’m also not the biggest black bean fan, but I really do like Cuban black beans (like, give me the spoon, walk away, the pain is worth it). But I want to try again! Maybe these will be my entre back into the world of beanage.

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138733)

1. **Dietitian Jess**

[June 25, 2015 at 7:37 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138738)

I agree with Lindsay, I’ll take some samples, shipping them to Philly isn’t far 🙂 LOVE that these are no bake, thank you for not making me turn on my oven when it’s 90 degrees!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138738)

* 1. **Arman**

[June 28, 2015 at 6:12 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139225)

OF course! That’s my goal! 😉

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139225)

1. **Erin @ The Almond Eater**

[June 25, 2015 at 7:50 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138740)

I can practically taste these through the screen and I’m loving them! Black bean brownies all day every day.

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138740)

* 1. **Arman**

[June 28, 2015 at 6:13 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139228)

Right? They are tooooo good!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139228)

1. **Kaila @healthyhelperblog!**

[June 25, 2015 at 8:08 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138741)

OH MY YUM. Do you think it would work if I used peanut butter in these? Sort of like PB Chocolate Brownies! Chocolate with peanut butter is one of my favorite combos 🙂

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138741)

* 1. **Arman**

[June 28, 2015 at 6:14 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139230)

It definitely works with peanut butter, I made that version for a friend!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139230)

1. **Cara's Healthy Cravings**

[June 25, 2015 at 8:08 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138742)

I love the fudgeyness of black beans brownies, but have not tried a no-bake version before, sounds like a fun experiment.
I adore black beans in general, but have a soft spot for lentil too!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138742)

* 1. **Arman**

[June 28, 2015 at 6:15 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139232)

Nice one! these are great Cara!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139232)

1. **spicedblog**

[June 25, 2015 at 8:09 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138743)

Dude! I am a huge fan of black beans! I used to not like them as a kid because we just never ate them. (You know, anything that you didn’t eat as a kid just isn’t good, right?) But some number of years ago, I overcame that fear of black beans. Now I love them! I usually toss them with some cheese into a quesadilla…but now I’ll have to save some for these bars! But you know what would have been awesome? Adding some maple syrup.

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138743)

* 1. **Arman**

[June 28, 2015 at 6:15 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139234)

hahaha touche! Now I realllllly want a quesadilla!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139234)

1. **theleangreenbean**

[June 25, 2015 at 8:44 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138744)

pretty much dying over these. and the photos = epic

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138744)

* 1. **Arman**

[June 28, 2015 at 6:16 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139235)

Speak for yourself! I was dying over your layer dip like…massive Mexican cravings!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139235)

1. **Juli**

[June 25, 2015 at 8:48 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138745)

When the world needs those bars then I have to try it 🙂 I wonder if I can plant this on Stefan without him noticing that it has black beens in it. I once made him eat bean brownies. The recipe was horrible and ever since he is quite aloof when it comes to beans in a dessert 😀
I love black beans! Fun fact: we have 1 brand that sells canned black beans here. I once tried to make dried ones in my slow cooker. They cooked for 24h after I watered them for 12h!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138745)

* 1. **Arman**

[June 28, 2015 at 6:18 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139238)

Promise he won’t be able to taste it- I made sure over 5 people try it out!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139238)

1. **Emanuele @ guyslovecooking**

[June 25, 2015 at 9:04 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138747)

Yes, I read ‘THE WORLD NEEDS THOSE FUDGE BARS’. What?? Then I need one
You got me inspired with the whole bean thing. In Asia the use it often in their deserts, most of which I don’t like. However there are a couple that would be quite interesting to revamp.
Thanks for sharing!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138747)

* 1. **Arman**

[June 28, 2015 at 6:44 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139244)

Hahaha YES. Seriously try it out- I’ve always been so skeptical with them!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139244)

1. **Alison @ Daily Moves and Grooves**

[June 25, 2015 at 9:16 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138748)

My dad prefers your treats over the ones I make. You don’t even know how many times he asked, “Do you still have those bars from Arman?” In my head: “But like, what about these oatmeal bars I made you?”
It’s okay though because these babies are seriously amazing. Pop never would have guessed there were black beans in there, and neither would I! Thanks for letting me try them as you struggled to find nourishment in the form of Fage yogurt.

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138748)

* 1. **Arman**

[June 28, 2015 at 6:46 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139245)

Haha really?! Oh mad, well expect a tonne more, I’m experimenting next week 😀

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139245)

1. **Kelly // The Pretty Bee: Cooking & Creating**

[June 25, 2015 at 9:21 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138749)

Wow, Arman, these look great! I love baking with black beans, but have never thought to do a no bake dessert with them! Fantastic!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138749)

* 1. **Arman**

[June 28, 2015 at 6:52 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139246)

Thanks so much, Kelly- I was so skeptical but they turned out well 🙂

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139246)

1. **Christine@ Apple of My Eye**

[June 25, 2015 at 9:42 am](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138750)

HAh! I love your texting conversation because it reminds me a lot of how my college friends and I communicate, minus a whole lot of vulgar terms to describe how they feel about the treats I give them ;).

These look great! I’ll admit that I am a little skeptical about beans in desserts still, but if you say so and have photos like this to shove in my face, my mouth is wide open!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-138750)

* 1. **Arman**

[June 28, 2015 at 6:53 pm](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139248)

LOL. I was fortunate it was cut off haha!

[Reply](https://thebigmansworld.com/no-bake-black-bean-fudge-brownies/#comment-139248)

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[**About Arman**](https://thebigmansworld.com/about/)





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