



DOUBLE CHOCOLATE BLACK BEAN MUFFINS

Makes 12 muffins

INGREDIENTS

1 tablespoon chia seeds
3 tablespoons warm water
3/4 cup black beans (rinse and drain well)
2 tablespoons coconut oil, melted
2 tablespoons maple syrup
1/2 cup cane sugar
1 cup almond milk, room temp
1/2 tablespoon vanilla extract
1 1/3 cup whole wheat pastry flour
1/4 cup high-quality cocoa
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup mini semisweet chocolate chips

INSTRUCTIONS

Preheat the oven to 400° F.

Combine the chia seeds, water, black beans, coconut oil, maple syrup, cane sugar, almond milk and vanilla in a blender or food processor, and process until mostly smooth.

Add the flour, cocoa, baking powder, and salt to the processor, and pulse until just incorporated. Set aside 2 tablespoons of the chocolate chips, and stir the remaining chips into the batter.

Divide batter among 12 well-greased muffin liners, and sprinkle with remaining chocolate chips. Bake for 17 to 20 minutes, until a knife inserted in the center comes out clean.

Eat as-is, or slather with peanut butter.