

Chocolate Black Bean Power Cookies Source: **Green Kitchen Stories**
Around 10 cookies

1 cup (240 ml) cooked black beans
2 tbsp olive oil (or coconut oil)
2 tbsp nut butter (we used almond)
2 tbsp oat milk (or any plant milk)
1/2 cup (120 ml) coconut palm sugar
4-5 tbsp cacao powder
2 tbsp rose hip powder (can be substituted with some rice flour and cinnamon)
1 tsp baking powder
1/2 tsp sea salt

Preheat oven to 350°F/180°C. Rinse the beans thoroughly in cold water. Drain them, save 20 beans for decoration and add the rest to a food processor together with oil, nut butter and milk. Blend until smooth. Sift together sugar, cacao powder, rose hip powder, baking powder and salt and add to the bean mixture. Run it again until all is combined. The batter should be similar to a thick mousse. Line a baking sheet with parchment paper and spoon 9-12 evenly distributed dollops of batter on it. Use a spoon or a finger to form the cookies into round shapes, 3-4 inches/7-10 cm wide. Bake for around 20 minutes (they should still be a little soft when you remove them from the oven). Set aside a few minutes before transferring them to a wire rack to cool completely.

Clean Eating Chocolate Chip Cookies Source: **Gracious Pantry**

Ingredients:

- 2/3 cup almonds
- 1/3 cup cooked oatmeal
- 3 tablespoons honey
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/8 cup whole wheat pastry flour
- 1/2 cup chocolate chips

Directions:

1. Preheat oven to 325 degrees F.
2. Mix everything except the chocolate chips in a food processor. You should have a nice wet, sticky dough when you're done.
3. Using your spatula, scrape dough into your mixing bowl and mix in chocolate chips.
4. Spoon onto a parchment lined cookie sheet.
5. Bake for 20 minutes.

Healthy Cookies

Skinnytaste.com

Servings: 8 • **Size:** 2 cookies • **Old Points:** 2 pts • **Points+:** 2 pt

Calories: 93 • **Fat:** 3.5 g • **Carb:** 15 g • **Fiber:** 2 g • **Protein:** 2 g • **Sugar:** 4.5 g

Sodium: 0.4 mg

Ingredients:

- 2 medium ripe bananas, mashed
- 1 cup of uncooked quick oats*
- 1/4 cup crushed walnuts

Directions:

Preheat oven to 350°F. **Spray** a non-stick cookie sheet with cooking spray or use a Silpat.

Combine the mashed bananas and oats in a bowl. **Fold** in the walnuts and place a tablespoon of each on the cookie sheet.

Bake 15 minutes. Makes 16 cookies.

*Use gluten free oats such as Bob's Red Mill quick oats to make them gluten free.

Adapted from the [Burlap Bag](#).

Beet Brownies Made With Oat Flour

Prep Time: 15 minutes

Cook Time: 35 minutes

Total Time: 41 minutes

Yield: 8 brownies

Calories per serving: 115

~These beet brownies are made with whole grain oat flour and are vegan, gluten-free, dairy-free, soy-free, corn-free, and sugar-free.

Ingredients

- 1 cup pureed beets
- 1/4 cup applesauce (make your own in the crockpot!)
- 1/4-1/2 cup pureed dates*
- 1 Tablespoon coconut oil
- 3 ounces unsweetened chocolate
- 1 teaspoon vanilla
- 3/4 cup oat flour**
- 1 rounded Tablespoon cocoa powder
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup chopped walnuts, optional

Instructions on next page

Instructions Beet Brownies

- 1.Preheat oven to 350*.
- 2.In a small saucepan combine the unsweetened chocolate and coconut oil. Heat on low heat until completely melted.
- 3.Combine all wet ingredients together in a bowl. In a separate bowl, combine dry ingredients. Then, mix these together until smooth. Add in chopped walnuts, if desired.
- 4.Well grease or line with parchment paper a 8x8 inch pan.
- 5.Bake for 30-35 minutes or until a toothpick comes out clean. Let cool for 10 minutes before slicing and serving.

Notes

*Adjust date amount depending on how sweet you want the brownies. You can also substitute stevia for a lower fructose level. **Make your own oat flour by processing oats in a food processor or blender until smooth.

<http://www.spoonfulofsugarfree.com/2012/09/10/beet-brownies-made-with-oat-flour/>

Grain Free Banana Bread

Prep Time: 10 minutes

Cook Time: 1 hour

Total Time: 1 hour, 10 minutes

Yield: 1 loaf

~This recipe is gluten-free, grain-free, dairy-free, soy-free, paleo, and sugar-free!

Ingredients

- 3 ripe bananas
- 1/2 cup almond butter
- 3 eggs
- 3 Tablespoons Ground flax
- 3 Tablespoons Chia Gel (mix 9 tablespoons of water with 3 teaspoons chia seed and let sit for 15-20 minutes. The chia seeds will puff into a gel)
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- Optional: 1/2 cup chopped walnuts

Instructions

- 1.Preheat oven to 350*.
- 2.Mash the bananas. Then, mix all ingredients together in a bowl.
- 3.Pour batter into a lightly greased bread pan-or even try a muffin tin!
- 4.Bake for one hour, or until toothpick comes out clean.
- 5.The bread will rise while in the oven, but will sink when taken out. Let the bread cool for fifteen minutes in the pan (this is necessary for the bread to set since it has no flour in it), and then plop it onto a plate or cutting board and enjoy!

<http://www.spoonfulofsugarfree.com/2012/02/23/flourless-banana-bread/>

Oatmeal Raisin Bizookies

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Yield: 24 bizookies

Calories per serving: 45 per bizookie

~This cookie/biscuit is gluten-free (use gf oats), dairy-free, vegan, and sugar-free!

Ingredients

- 1 1/4 cup oat flour (make your own by grinding oats in a blender or food processor until fine like flour)
- 1/2 cup rolled oats
- 1/4 cup applesauce
- 3 Tablespoons coconut oil, solid
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 teaspoon cinnamon
- 1/2 cup raisins, soaked (save 1/4 cup of the water for later)

Instructions

1. Preheat oven to 350*.
2. Combine the dry ingredients.
3. Mix in the applesauce, water, and raisins.
4. Chop/crumble the solid coconut oil into the mix leaving some small chunks, and stir.
5. Roll the dough into small 1-inch balls and place on baking sheet.
6. Bake for 10 minutes or until bottoms are browned and tops are golden.
7. Let cool for 5 minutes before serving.

<http://www.spoonfulofsugarfree.com/2012/01/11/day-11-oatmeal-raisin-bizookies/>

Sinfully Clean Chocolate Brownie

By Tiffani Bachus RD on May 29, 2013

Ready in 20 minutes • Makes 1 serving

Ingredients

- 1 square (7 g) dark chocolate
- 2 tbsp whole wheat pastry flour
- 1/4 tsp baking powder
- 2 tsp unsweetened cocoa powder
- Pinch sea salt
- 2 tbsp unsweetened vanilla almond milk
- 1/4 tsp vanilla extract
- 2 tsp applesauce
- 1 tsp honey

Instructions next page

Brownie (continued)

Instructions

- 1.Preheat oven to 350 FF. Break up chocolate into small pieces. Set aside.
- 2.Place dry ingredients, except chocolate pieces, in a large mixing bowl and mix.
- 3.Add wet ingredients to bowl and mix to combine. Stir in chocolate pieces.
- 4.Pour batter into a single-portion oven-proof loaf dish and bake 16 to 18 minutes. Serve.

Nutrients per serving: Calories: 151, Total Fats: 4 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 171 mg, Total Carbohydrates: 24 g, Dietary Fiber: 3 g, Sugars: 11 g, Protein: 3 g, Iron: 3 mg.

Vegan Black Bean Brownie Bites

Author: Dana Shultz

Prep time: 5 mins

Cook time: 17 mins

Total time: 22 mins

Serves: 6

These vegan brownies are gluten free, vegan and totally delicious. They taste just like rich, fudgy brownies and the black beans are entirely undetectable. Just ask my many pleased readers who've tested the recipe for themselves.

Ingredients

- 1/3 of a 15 oz. can black beans, drained and rinsed (about 1/2 cup)
- 1 flax egg (1 T flaxseed meal + 2.5 T water)
- 1 T coconut oil (or other oil)
- scant 1/4 cup cocoa powder
- dash salt
- 1/2 t vanilla
- 1/4 c granulated sugar
- 1/2 t baking powder
- heaping 1/2 t finely ground espresso powder or instant coffee granules
- 1/4 c semisweet chocolate chips (dairy free for vegan)
- dash of chocolate sprinkles

Instructions

- 1.Preheat oven to 350 degrees. Lightly grease 6 muffin tins. Prepare flax egg by combining flax and water in small bowl and letting it rest for 3-5 minutes. Combine black beans through instant coffee in a food processor (sift in sugar if clumpy) and puree. Then stir in chocolate chips and sprinkles. Pour batter into muffin tins and smooth the tops with a spoon. Bake for 17 minutes or until tops are dry and starting to pull away from the sides. Let cool for 30 minutes before removing from pan.