



Symbiosis Ranch Recipes

Amazing Black Bean Brownies w. Avocado Frosting

1, 15 1/2 oz can of black beans

3 eggs

3 T oil

4 T cocoa powder

1 pinch salt

1 t. vanilla

3/4 c. Sugar

Mix ingredients in blender until pureed.

Pour into greased 8x8 cake pan

Stir in some chocolate chips and/or nuts

Bake 350 degrees for 30 mins

Let cool before cutting

Frosting - 1/2 avocado, 3-5 T honey, 1/4 c. cocoa powder, 2 t. vanilla, dash of cinnamon, pinch of salt