**Black Bean Brownies**

Ingredients:

* 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)
* 2 tbsp cocoa powder
* 1/2 cup Bob's Red Mill GF oats
* 1/4 tsp salt
* 1/2 cup pure maple syrup, agave, or honey
* 1/4 cup coconut oil
* 2 tsp pure vanilla extract
* 1/2 tsp baking powder
* 1/2 cup to 2/3 cup Enjoy Life chocolate chips (optional but yummy!)

Instructions:

Preheat oven to 350. Combine all ingredients except chocolate chips in a food processor until very smooth. (You can use a blender if you have to, but the texture won't be as good.) Stir in chips, and pour into a greased 8x8 or 9x9 baking pan.

Cook for 15-18 minutes, then let sit for 10 more minutes before trying to cut. You can also refrigerate them for more firmness. Enjoy,and don't tell what's in it until afterwards!)

**Healthy Chocolate Frosting**

Ingredients:

1 can full-fat coconut milk or coconut cream

1/4 cup plus 1 tbsp cocoa powder or cacao powder

1/2 tsp vanilla extract

Maple syrup or honey to taste

Â Open your coconut milk, and if it's not already super-thick, leave the can uncovered in the fridge overnight. Try not to shake the can too much before opening. It should get very thick. Once thick, transfer only the creamy part to a bowl, leaving the watery part out. Whip in cocoa, vanilla, and sweetener with a fork, or beaters, or pipe it. If you store it in the fridge, it will get even thicker.