


Black Bean Cookies

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These **Black Bean Cookies** are simple, egg-free, dairy-free, and oil-free cookies with a delicious brownie texture and 4 grams of protein.

You can find the full recipe, including tips, step-by-step photos, video, storage instructions, detailed allergy swaps, FAQ, and save at: <https://www.theconsciousplantkitchen.com/black-bean-cookies/> or scan the QR code here 



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Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Servings: 8 cookies Calories: 179.6kcal Author: Carine Claudepierre

Ingredients

Liquid ingredients

- 1 can Black Beans 15-ounce/425g can (drained over a sieve, rinsed (note 2))
- ½ cup Maple Syrup (note 2)
- ¼ cup Peanut Butter (Unsalted) (note 3)
- ½ cup Homemade Oat Flour (note 4)
- ¼ cup Unsweetened Cocoa Powder
- ½ teaspoon Baking Soda
- ⅓ cup Dairy-Free Dark Chocolate Chips (note 5)

Instructions

1. Preheat the oven to 350°F (180°C).
2. Line a large baking sheet with parchment paper. Light oil with cooking oil spray. Set it aside.
3. In a food processor, add the drained, rinsed, canned black beans, peanut butter, maple syrup, oat flour, cocoa powder, and baking soda.
4. Blend on medium/high speed for 45 seconds or until it forms a consistent batter. I did stop the food processor a few times, scrape down the sides of the bowl with a rubber spatula, and repeat until evenly combined. You will still notice some pieces. The cookie dough won't be super smooth, and that is OK.
5. Add chocolate chips, pulse 2-3 times to incorporate.
6. Scoop out batter about 2 tablespoons per cookie and release on the baking sheet. It's sticky, that's normal.
7. Leave an inch of space between each cookie, and press down the top a little using your lightly oiled fingers to prevent the dough from sticking to your fingers. The more you press the dryer they get, so keep a little height for a fudgy brownie texture.
8. Bake for about 15-18 minutes at 350°F (180°C) until dry on top.
9. Remove from the oven and cool down for 15 minutes on the baking sheet. This step is crucial to firm up the cookies.
10. Press a few extra chocolate chips on top. They will melt as the cookies cool down.
11. Cool down again on a cooling rack for 30 minutes.

Notes

Note 1: Other canned beans work, like chickpeas or kidney beans.

Note 2: Or agave syrup or coconut nectar.

Note 3: Or almond butter or sunflower seed butter.

Note 4: If you use store-bought oat flour, you will need less, or the cookies will be dry. For almond flour, you will need more, or the cookies will be fragile.

Note 5: optional. You can also use chopped walnuts or pecans.

Storage: Store the cookies in the fridge in an airtight container for up to 4 days.

Oven Mode: I use the fan-forced (convection) mode. If you have to use conventional mode, I recommend increasing the temperature by 25°F (15 °C). The baking time should be the same, but it might take a few more minutes.