

**Tahini Swirl Chocolate Brownies**   **(IMMUNE-BOOOSTING & GRAIN-FREE + VEGAN OPTION)**

**Servings: 12-16 pieces**

**1 1/4 cups cooked, well-rinsed and drained black beans (15 oz can organic beans or start from scratch)**

**8 chopped Medjool dates**

**1 tsp vanilla extract**

**1/3 cup cocoa powder OR cacao**

**2 tbsp Terra’s Table chaga mushroom powder, optional**

**1/8 tsp salt**

**2 tbsp organic sunflower oil**

**2 tbsp toasted sesame oil**

**2 medium eggs**

**2/3 cup dark chocolate chips, 70% or higher**

**1/4 cup tahini (sesame seed paste)**

**2 tbsp date syrup or grade B maple syrup**

**1 egg**

**Instructions:**

**1. Preheat the oven to 350F. Completely line a square 8″ x 8″ baking tin with parchment paper so that some hangs over the edges. I like to scrunch the paper up until soft and smooth it into the pan. This way it molds to the tin’s shape.**

**2. Add 2 tbsp hot water to the dates and blend with an immersion blender or Vitamix till smooth. Place everything except the chocolate chips and topping ingredients into a high-speed blender or food processor and blend until completely smooth. Stir in the chocolate chips with a spoon and pour into the lined baking tin.**

**3. Mix the tahini, beaten egg and maple syrup until it makes a thick, gooey “batter”. Add by spoonfuls onto the brownie mix and swirl with a skewer or sharp knife. Bake in the preheated oven. For fudgy brownies, bake for 16 minutes.For cakey brownies bake for 18 minutes.**

**4. Individual ovens may vary, so have a feel at 15 minutes – for fudgy it should give slightly when pressed in the middle. Allow to cool for about 15 minutes before pulling out by the edges of the paper and cutting into small bars or squares.**

**Store in a lidded container in the fridge and eat within five days.**

*Creativejuicesconsulting.com Adapted from the recipe https://kelliesfoodtoglow.com/2016/09/15/tahini-swirl-chocolate-brownies-immune-boosting-and-grain-free-vegan-option/*