

Recipe of the Week

Reese's Peanut Butter Cups were a favorite of mine. The mixture of chocolate and peanut butter was simply amazing. These **Peanut Butter Brownie Bites** combines the richness of cocoa and peanut butter for a deliciously guilt-free pleasure. Eat cautiously!

Peanut Butter Brownie Bites

Ingredients:

1 1/2 cups cooked or 1 (15 ounce) can no-salt-added or low-sodium black beans, rinsed and drained

8-10 medjool dates pitted or 1 1/4 cups chopped dates

1/2 cup plant-based milk

2 tablespoons raw peanut butter

3/4 cup cocoa powder

3 tablespoons ground flax meal

3/4 cup warm water

1 teaspoon baking powder

1 teaspoon vanilla extract or vanilla bean powder

Optional:

Sprinkle non-dairy mini chocolate chips on top prior to baking.



Instructions:

- Preheat oven to 325 degrees F.
- Line muffin tin with parchment paper or use silicon muffin tray.
- Prepare flax eggs by placing three tablespoons of ground flax meal mixed with 3/4 cups warm water. Allow to sit for 5 minutes before combining with other ingredients.
- Place dates and milk in a blender and blend until smooth.
- Place all ingredients in a food processor; blend until smooth. Pour batter into prepared muffin tins; top with mini chocolate chips if using.
- Bake for 20-25 minutes. Cool completely.
- Store in a covered container in the refrigerator up to one week. These brownies also freeze well.

I have this theory chocolate slows down the aging process.... It may not be true, but do I dare take that the chance?

-- Author Unknown