

BLACK BEAN CHOCOLATE BROWNIES

You would never believe that beans could be a substitute for flour, but you have to try these delicious brownies to find out!

INGREDIENTS

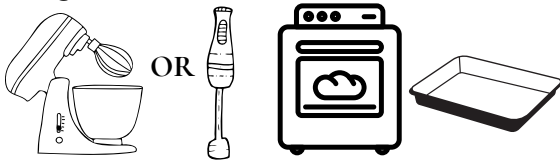
- 1 x 400g tin of black beans, washed and drained
- 3 eggs
- 3 tbs coconut oil, melted
- 65g raw cacao powder
- 170g of maple syrup
- Vanilla extract 2-3 tsp (optional)
- a pinch of salt

TIP:

If you want your brownies more fluffy and less fudgy, add 1 tsp of baking powder in with the mixture.

This recipe will produce more brownies in a larger tin, but for deeper brownies use a smaller tin and allow longer cooking time.

EQUIPMENT



Health tip

Both cacao powder and black beans are packed with polyphenols - an antioxidant great at targeting inflammation and highly beneficial for maintaining good brain function and stable blood sugar levels.

🕒 15 minutes

🍴 Serves 6-12



GET MAKING

1. Preheat oven to 180 degrees
2. Combine all ingredients in a bowl using an electric whisk **OR** blend together using a blender.
3. Pour into a lined baking dish or into greased muffin tins.
4. Bake in the preheated oven for approximately 10 minutes, the edges will come off slightly from the tin when they are ready.

TIP:

Serve with yogurt, fresh berries and sprinkle of coconut.