Chickpea black beans brownie

Preparation time
10 minutes

Cooking time
30 minutes

Serves
16

Recipe courtesy of
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Ingredients Method Nutrition

1 x 420g can of black beans, rinsed and drained

3 eggs

1/4 cup monk fruit sweetener

150g dark chocolate

3/4 cup chickpea flour

1/2 tsp baking powder

3/4 cup extra virgin olive oil

1 tsp vanilla extract

1/3 cup cocoa powder

1/4 cup dark chocolate chips

1. Preheat oven to 150C fan forced.
2. Prepare a 26cm x 20cm baking tray and line with baking paper.
3. Microwave the dark chocolate for 2 mins or until it melts.
4. Beat eggs for 2 mins with an electric beater in a mixing bowl. Slowly add sugar and beat for another 3 mins until thick. Sift chickpea flour, cocoa powder and baking powder into the egg mixture.
5. Add melted chocolate, vanilla extract, chocolate chips and oil.
6. Puree black beans in a food processor and add fold through the mixture.
7. Pour batter into the prepared baking tin and bake for 30mins or until a skewer comes out clean.

Nutritional information is provided per serve

Engery	949 kj (227 calories)
Protein	5g
Saturated Fat	5g
Total Fat	17g
Carbohydrates	12g
Sugars	5g
Dietary Fibre	3g
Sodium	44mg