

## Chocolate Black Bean Brownie

Serves: 8

Preparation time: 15 minutes

Cooking time: 15 minutes

Difficulty: 3/5

Love me some brownies and wanting a healthy twist to it? This recipe is what you need!

The thought of 'black beans' giving you second thoughts? Let me tell you – I have tweaked this recipe to perfection that you won't even taste it!

### Ingredients:

- 200g canned black beans, drained
- ¼ cup flour of choice
- 3 eggs, whisked
- ¼ cup of cacao powder
- ½ cup sugar
- 4 tbsp Extra virgin olive oil
- ½ tbsp baking powder
- 40g dark chocolate chip

### Method:

1. Preheat oven to 150°C
2. Blend black beans with food processor or blender (I personally found stick blenders the most useful)
3. Mix all ingredients together, leaving a handful of chocolate chips for garnishing. When combined, it will form a thick (yet still runny) consistency
4. Pour mixture into a pre-oiled baking tray
5. Garnish with the remaining chocolate chip
6. Place in oven to bake for 15-20 minutes. Keep an eye so that it's not over burnt! Test by sticking a tester (or chopstick) into the batch and see if it comes out clean.
7. Enjoy!

### Nutritional tip:

- Black beans is a type of legume that is very rich in fibre, protein and iron. In fact, it has double the amount of fibre per serve compared to spinach!
- Having black beans as part of the recipe means you will be reducing the amount of flour added, hence lowering the glycaemic index (a measurement of how fast your blood glucoses rises in the system), as well as having a fibre, protein and iron boost in your dessert!