



Chocolate bean brownies

SERVINGS: 15

TOTAL TIME: 50 MINS

INGREDIENTS

- 3/4 cup cocoa
- 1 can of beans (I like butter beans, black beans also work well)
- 1 cup dates
- 1 cup boiling water (or strongly brewed black coffee)
- 3 tablespoons ground linseeds
- 3 tablespoons maple syrup
- 1/2 cup plant milk (soy works well)
- 1 cup smooth peanut butter
- 1 teaspoon vanilla
- 1 teaspoon baking powder
- 1 cup dark chocolate chips
- 1 cup of chopped nuts (walnuts or roasted hazelnuts work well)

Optional: more chocolate to melt otop and chopped nuts

METHOD

1. Preheat oven to 180 celsius
2. Put 1 cup of dried dates in a heat proof bowl and cover with 1 cup of boiling water and stir in ground linseeds. Let sit for 10 minutes
3. In the mean time drain and rinse beans and add to a blender.
4. Add rest of ingredients (other than chocolate and nuts) including dates soaking with water. Blend everything for a few minutes until you get a smooth batter.
5. Stir through 1 cup chocolate chips and nuts.
6. Scrape batter into a square baking dish lined with baking paper
7. Bake for 35-40mins until a skewer comes out clean
8. Ensure fully cool before cutting and drizzle with more chocolate and nuts if you want.