



Protein Packed Black Bean Brownies

There are many variations of this recipe. This recipe was in the Daily Mail Raisins add a natural sweetness, while the beans give the brownies a moistness, with the added benefit of fibre and protein.

Ingredients - Makes Nine

100g /4oz raisins, 2 x 400gm can black beans, drained and rinsed, pinch salt

100ml coconut oil, melted, 3 tbsp. maple syrup, 5 tbsp. cocoa powder

Equipment:

20cm greased baking tray, food processor,

Method

1. Heat oven 180°C/ gas mark 4. Grease and line 20cm baking tray
2. Soak raisins in 150ml of boiling water for 15 minutes.
3. Pour into food processor with beans, blitz until smooth.
4. Add coconut oil, maple syrup, cocoa powder & pinch salt, blitz again.
5. Pour into tin and spread until smooth layer, bake 40-45 minutes
6. Allow to cool before cutting into nine squares
7. Serve and enjoy!

Always ask for an adult's permission before cooking in the kitchen

