

Bean Brownie

Serves: 12

Prep time: 5 minutes

Cook time: 15-18 minutes



½ serve per portion

Ingredients

400g can black beans, drained

⅓ cup brown sugar

½ cup rolled oats

½ teaspoon baking powder

2 tablespoons cocoa powder

1 teaspoon vanilla extract

Zest of ½ orange OR 1 tablespoon espresso coffee

1 egg

¼ cup vegetable oil

2 tablespoons chocolate chips

Natural yoghurt, to serve (optional)

1 cup seasonal fruit, to serve (optional)

Method

PREHEAT oven to 170°C. Line a small slice tin with baking paper.

COMBINE all ingredients except chocolate chips, yoghurt and fruit in a food processor. Blend until smooth.

SPOON batter into lined slice tin and sprinkle chocolate chips over the top.

BAKE in oven for 15-18 minutes, or until a skewer comes out clean. Cool before slicing.

SERVE with a dollop of yoghurt and your choice of seasonal fruit on the side (optional).



Discretionary Food

Recipe courtesy of the Country Kitchens team