

Butterbean Banana Brownie

Serves: 16

Prep time: 10 minutes

Cook time: 20 minutes



½ serve per portion

Ingredients

3 400g cans butter beans, rinsed and drained

⅔ cup brown sugar

½ cup old fashioned rolled oats

½ cup quick oats

1 teaspoon baking powder

½ cup cocoa powder

1 teaspoon vanilla extract

1 tablespoon espresso coffee (OR zest of half an orange OR 1 teaspoon of orange or mint extract)

2 eggs

½ cup vegetable oil

1 banana

½ cup dark chocolate bits/chips



Discretionary Food

Method

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

COMBINE all ingredients except chocolate bits in a food processor. Blend until smooth.

FOLD in dark chocolate bits then pour into tin.

BAKE in oven for 20 minutes, or until a skewer comes out clean. Cool before slicing.

What's Great About It?

Who knew chocolate brownies could be made healthier? The added beans (yes, beans!) count towards getting more vegetables into your day. Change up the flavour by swapping the coffee for different extracts such as peppermint or orange!

*Recipe courtesy of Jeanette Weston, Magnetic Carbutt Branch & Gloria Battle,
Charters Towers Branch*