

FUDGY CHOCOLATE BROWNIES



QUICK

Less than 10 mins

HEALTHY

Black beans contain a lot of folic acid which your body needs to make healthy new cells.

FAMILY

Makes 20 small brownies or 10 big ones!

MEALS

These brownies are a healthy alternative to sugary treats as they are sweetened with dates

INGREDIENTS

- 1 x 400g tin black beans - drained
- 14 medjool dates - pitted
- 50g almonds
- 150 ml almond milk (any milk will do)
- 70 g coconut oil (3 tbs)
- 75 g cocoa powder
- ½ tsp vanilla extract
- Pinch salt

Optional Frosting

- 70g sugar free chocolate
- 1 tbs soya cream

METHOD

1. Put the oven on to 200°C
2. In a food processor blitz the almonds and dates, then add the almond milk and coconut oil. Keep blitzing the whole time as you add each ingredient
3. Then add the cocoa powder, vanilla essence, beans and salt - Blitz till smooth.
4. Taste. It is quite a bitter/tart mixture – add more date if you want it slightly sweeter.
5. Line a tin with baking parchment
6. Pour the mixture in & cook for 40-50 mins – it may be longer
7. Allow to cool
8. Melt the chocolate then mix with soy cream – stirring continuously
9. Pour over the brownies, allow to set then cut into squares

Fancy Orange or Coffee Brownies?

Juice and zest 2 oranges or mix 4 tsp instant coffee into 6 tsp boiling water. Mix ½ into brownie mix & the other half into the frosting. **Reduce the quantity of almond milk by the quantity of juice you add.**



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com

