

# PEANUT BUTTER 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 apple

## INGREDIENTS

- 1 x 400g tin black beans - drained
- 14 medjool dates – pitted or 3 bananas
- 50g almonds
- 50g wholemeal flour
- 150 ml almond milk (any milk will do)
- 70g peanut butter
- 70 g coconut oil (3 tbs)
- 70 g cocoa powder
- 1 tsp vanilla extract
- Pinch salt
- Extra tbs smooth peanut butter

## METHOD

- 1) Put the oven on to 200°C
- 2) In a food processor blitz the almonds and dates or bananas,
- 3) Add the almond milk and coconut oil. Keep blitzing the whole time as you add each ingredient
- 4) Add the cocoa powder, flour, vanilla essence, drained beans and salt - Blitz till smooth.
- 5) Taste. It is quite a bitter/tart mixture – add more dates if you want it slightly sweeter.
- 6) Line a small tin (23x19cm) with baking parchment
- 7) Pour the mixture in
- 8) Drizzle over the extra tbs peanut butter
- 9) Cook for 40-50 mins – it may be longer – until a skewer comes out clean-ish
- 10) Allow to cool, cut and enjoy



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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](http://www.quickhealthyfamilymeals.com)

