

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 quite tart. If you prefer a sweeter brownie, use milk or white choc chips or add more maple syrup. NB - this will increase the sugar content.

INGREDIENTS

- 1 x 400g tin black beans
- 100ml maple syrup
- 50g plain flour
- ½ tsp baking powder
- 150 ml milk
- 70 g vegetable/rapeseed oil
- 75 g cocoa powder
- 1 tsp vanilla extract
- 50g chocolate chips
- 25-50g extra chocolate chips for the top
- Optional - 100g raspberries

METHOD

- 1) Put the oven on to 200°C
- 2) Drain and rinse your black beans
- 3) In a food processor blitz the beans approx. 1 min
- 4) Whilst still blitzing, add the milk, oil, maple syrup and vanilla extract till combined (it will be very runny)
- 5) Add the cocoa powder, baking powder and flour and pulse till combined
- 6) Sprinkle in the chocolate chips and pulse again
- 7) Line an approx. 20cm x 20cm tin with baking parchment - Try not to use a much bigger one
- 8) Lay the raspberries across the bottom
- 9) Pour the mixture on top - you will need to spread it out carefully with a spoon – it will be quite thick
- 10) Sprinkle with 25-50g chocolate chips.
- 11) Cook for 30-35 mins – till a skewer comes out clean-ish
- 12) Allow to cool then cut into squares and enjoy



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Fancy Orange or Coffee Brownies?

Juice and zest 2 oranges or mix 4 tsp instant coffee into 6 tsp boiling water. Mix into the brownie mix

Reduce the quantity of milk by the quantity of juice you add.

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