

CHOC BROWNIE

Preparation: 5 -10 minutes

Cooking time: 30 - 40 minutes

WET INGREDIENTS

2 tablespoon flax seeds + 6 tablespoon water

1 teaspoon vanilla extract

1/2 cup coconut oil (melted)

1 tin black beans (rinsed & drained) + 6 tablespoon water

DRY INGREDIENTS

1 1/4 cup oats, blitzed to flour

3/4 cup coconut sugar

2/3 cup cacao powder

1 teaspoon baking powder

1/2 teaspoon salt (or to taste)

handful of hazelnuts, chopped (or frozen blueberries)



INSTRUCTIONS

1. Preheat the oven to 180c.
2. Using a nutribullet (or small food processor) blitz the flax seeds till fine and add to a small bowl with the 6 tbsp of water and set aside. They will thicken = makes a flax egg.
3. Add all the dry ingredients to bowl excluding the flax egg and mix well.
4. Drain and rinse the black beans add them to the nutribullet and add the 6 tbsp of water, blitz till a paste. You may need to shake the nutribullet from side to side.
5. In another bowl add the flax eggs, oil and vanilla extract together and mix well, if you have a whisk that would be best. The flax egg and oil may not fully combine. Then add the blitzed beans and mix together.
6. Add the dry ingredients to the wet ingredients bowl in stages and fold through without disrupting the batter too much.
7. Add the chopped walnuts then transfer the batter to your chosen baking dish.
8. Bake on the middle shelf for 30 - 40 minutes or until a knife or bamboo skewer comes out mostly clean.

Let cool completely then refrigerate before serving.

SUBSTITIUTIONS

- For coconut sugar use monk fruit sweetener
- For the flour use all purpose flour
- Buy oat flour, although blitzing your own is easy and the freshest option
- NB: flaxseeds are also called linseeds
- you can add walnuts or blueberries instead of hazelnuts : frozen blueberries make it moist and seem like choc chips !!