

# Black Bean & Raspberry Brownie

Rating:



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Total time: 35 min

Preparation: 10 min

Cooking: 25 min

Serves: 12

Category: Snacks

Tags: Dairy Free

Vegetarian

Valentine's Day

Vegan

## Ingredients

420 g Black Beans (canned & drained)

0.3 cup Sunflower Oil

3 tbsp Flaxseed Meal or Linseed Meal

9 tbsp Water

3 tsp Vanilla Essence (imitation)

160 g Golden Syrup

0.5 cup Wholemeal Flour (plain)

0.5 cup Cocoa Powder

0.5 tsp Baking Powder

0.5 cup Frozen Raspberries

1 unit Salt (pinch)

## Method

1. Preheat the oven to 180 degrees celsius. Line a baking dish with baking paper
2. Add the flaxseed meal to a small bowl as well as the water. Whisk together and allow to sit to become gel like.
3. Strain and rinse black beans and add to blender/ food processor or use a stick blender (or mash beans using a fork).
4. Add sunflower oil, golden syrup (160g or 0.3 cup plus 2 tbsp), vanilla extract and flaxseed mixture. Blend on high until smooth and creamy (or mix by hand).
5. In a large mixing bowl sieve wholemeal flour, cocoa powder and baking powder and mix to combine.
6. Pour black bean mixture into flour mixture and stir to combine.
7. Pour brownie mixture into baking paper lined brownie tin and push raspberries into the brownie mixture. Place in oven for 20 - 25 minutes.

## Recipe description

Vegetarian, Vegan, Dairy Free, Egg Free & Nut Free A delicious brownie packed with protein and dietary fibre, that tastes great. The raspberries provide a refreshing burst of flavour combined with a rich and fudgy chocolate brownie. Recipe requires a blender/ stick blender or food processor or potato masher. Tip: try not to add extra golden syrup or fruit as this will make the recipe RED.

## Variations

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