

Eatwise

Black Bean Chocolate Brownie

Ingredients

- 165 g dried black beans
- 175g dark chocolate
- 50g cocoa powder
- 200g maple syrup
- 115ml vegetable oil
- 35ml vanilla essence
- 5g salt
- 150g caster sugar
- 40g glutinous rice flour
- 5g bicarbonate of soda



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SERVINGS: 8 - 10

PREPPING TIME: 9.5 HRS

COOKING TIME: 25 MIN

Directions

The night before:

1. Empty the dried black beans into a large mixing bowl and cover them with cold water, making sure there is a good few inches of water over the top of the beans, so they have room to expand
2. Leave the beans to soak overnight in the fridge

To make the brownies:

1. The following day, drain the beans, discarding the soaking water
2. Transfer the beans to a large saucepan and cover with fresh water. Boil the beans for approximately 1.5 hours until tender
3. Once cooked, drain off the water
4. Pre-heat the oven to 180°C and line a 23cm square cake tin with parchment paper
5. Whilst the beans are still hot, add them to a food processor with the dark chocolate (broken down into smaller pieces) and cocoa powder. Blitz the ingredients until they form a smooth paste. This will take some time
6. Once you have obtained a paste, transfer it into a large mixing bowl and add the remaining ingredients. Using a wooden spoon, combine the components until obtaining a smooth batter
7. Transfer the batter to the cake tin and spread it evenly using the wooden spoon
8. Put in the oven to bake for 20 – 25 minutes. Once ready, take out of the oven and allow to cool. Refrigerate the brownie for at least 2 hours (preferably overnight) before serving.



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