

Protein-packed bliss: Guilt-free brownies

A great way to add a protein boost to a delicious chocolaty treat, that's low in added sugar and high in fibre which helps us to stay fuller for longer and aids our digestion. Keep a close eye on them as they bake, as they can become dry if overcooked

🕒 Prep time

30 min

📈 Difficulty

●●● 2

🏠 Serving size

Makes 9

🔪 Equipment needed

Food processor Large bowl for mixing

Whisk Baking parchment 20cm/8in square cake tin

Ingredients

- ✓ **400g** Tin black beans, drained and rinsed (235g drained weight)
- ✓ **80g** light vegetable oil spread
- ✓ **4** Large eggs
- ✓ **60g** good-quality cocoa powder, plus 1 tsp for dusting
- ✓ **50g** fine polenta
- ✓ **1 Tbsp.** Vanilla extract
- ✓ **2.5 Tbsp.** Maple syrup
- ✓ **1 Tbs.** Instant de-caf coffee granules
- ✓ **40g** Caster sugar
- ✓ **60g** Dark chocolate chips

Method

- 1** Pre-heat the oven to 180°C. Line the baking tin.
- 2** Put the black beans and vegetable spread into a food processor and blend until smooth. Add the eggs and blend again briefly, until well combined. Transfer the mixture to a large bowl.
- 3** Add the cocoa powder, fine polenta, vanilla extract, maple syrup, coffee granules, sugar and half of the chocolate chips. Whisk to combine evenly.
- 4** Pour the mixture into the lined tin and sprinkle the remaining chocolate chips over the surface. Bake on the middle shelf of the oven for 18–20 minutes, or until just firm to the touch.
- 5** Remove from the oven and leave to cool completely before cutting it into squares.



Chef's tips

- ✓ Great protein rich chocolately bake!
- ✓ The better quality of cocoa powder, the better the brownie will be.
- ✓ Cool completely in the fridge overnight, so much easier to cut.