

# CHOCOLATE BEANIE BROWNIES

Shared by Dr Alan Desmond



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*Your friends will never believe that you've just added to their daily intake of legumes!*

*Black beans are the secret ingredient that make these brownies nutritious, satisfying and extra fudgy.*

*Recipe by Bob Andrew, photo by Dan Jones.*

## Ingredients

- Medjool dates, roughly chopped
- 5 tbsp boiling water
- ½ cup plain wholemeal flour
- 1 tsp baking powder
- 3 tbsp cacao nibs
- ⅓ cup toasted and chopped hazelnuts
- 1 x 400g can black beans, drained and rinsed
- 2 ripe bananas (about 150g), peeled and sliced
- 4 tbsp raw cacao powder

**PREP TIME: 15 MINS**

**COOK TIME: 25 MINS**

**TOTAL TIME: 40 MINS**

**SERVES: 8**

## Directions

1. Place the dates in a bowl and add the boiling water. Set aside for 10 minutes to soften.
2. Meanwhile, preheat the oven to 180°C. Line a square baking tin (18 x 18cm) with baking parchment.
3. Sift the flour and baking powder into a large bowl, returning the husks after sifting. Stir in the cacao nibs and hazelnuts.
4. Tip the dates and their liquid into a food processor or blender along with the beans, bananas and cacao powder. Blitz together until smooth, scraping down the sides of the bowl or jug a couple of times to catch every last bit.
5. Add the puree to the flour and gently fold together, until well combined with no obvious lumps. Don't overmix or beat it or you'll end up with a flat, cakey brownie.
6. Pour the batter into the prepared tin and level it out with a spatula. Bake for 25 minutes, or until the tip of a knife inserted in the middle comes out clean.
7. Set aside to cool completely in the tin, then turn out and cut into 8 squares. If not eating straight away, store in an airtight container in the fridge for up to 3 days.

**Dr Alan Desmond** is a consultant gastroenterologist and lead clinician at the Devon Gut Clinic in Torquay, England. Dr Desmond is a leading voice on the role of nutrition in common diseases of the gut. His book, *The Plant-Based Diet Revolution*, was published in 2021, including 80 vegan recipes by Bob Andrew.

