

Chef Theo Michaels'

BLACK BEAN BROWNIES



Ingredients

1x400g can black beans, drained

80 ml vegetable/non-flavoured oil

Pinch salt

3 eggs

1 tsp vanilla essence

40g chocolate chips

60g oats

30g cocoa + extra for dusting

100g soft brown sugar

1 tbsp honey

25g hazelnuts, broken

Equipment

Pre-heated oven
180FAN 200°C (400°F)
Gas 6

6x8 inch tin, lined with parchment paper

Food processor

"I love this recipe for black bean chocolate brownies as firstly they are delicious and gooey! But also using canned black beans means this is a great store cupboard recipe that you can whip up in a flash with no fancy ingredients needed, plus it's also gluten free!"

Method

Blend together the black beans, pinch of salt, vanilla essence and vegetable oil till smooth. Then crack the eggs into the pureed black beans and pulse a couple of times to incorporate. Now tip in the cocoa, oats, sugar and honey into the mixture and pulse again till incorporated. Now fold in the chocolate chips and pour the mixture into the baking dish lined with parchment. Bake in pre-heated oven for 20-25 minutes. Leave to cool thoroughly before serving and store in an airtight container, if you have any left...

'Canned' by Theo A. Michaels, published by Ryland Peters & Small (£18.99). Photography by Mowie Kay © Ryland Peters & Small.

