

Chocolate Bean Cake (or Muffins)

Flourless, sugarless, dairy free, gluten free, (plenty of eggs though)... and truly delicious ... don't reveal the secret ingredient till people taste it!

Ingredients

1 x 420 g can kidney beans, drained
1 tablespoon vanilla extract
70 g unsweetened cocoa powder
1 teaspoon baking powder
½ teaspoon bicarbonate of soda
5 eggs
1 ½ cups dates
1/3 cup water

Method

1. Prepare 22 cm round or equivalent cake tin. Grease and line with paper. Or set up 12 muffin cases in a muffin tray.
2. Preheat oven to 180 degrees C.
3. In a food processor, puree the beans, 1 egg and vanilla until smooth.
4. Chop dates roughly, add water and microwave or heat on stove and mash a bit until soft (you may need a little more water if you use the stove)
5. Process the date mixture into the bean puree.
6. Add the remaining eggs one at a time, processing after each addition.
7. Add sifted cocoa powder and mix well.
8. Pour batter into a 22 cm greased round or ring pan, or spoon into muffin cases, and bake for approximately 25 minutes at 180°C (less time for muffins). The cake/muffins will spring back when touched and a skewer will come out clean when cooked.

Recipe notes

This batter does rise quite a bit, but seems to deflate once it's out of the oven.

You can experiment with this type of cake! Some ideas...

- Use white beans and replace the cocoa with coconut flour (or finely ground coconut).
- Add grated carrot or zucchini (I added grated carrot to the chocolate cakes and no-one noticed!)
- Try a savoury loaf based on this?
- The original version has butter and sugar. It's nice but no better I reckon. You could use olive oil. It's moist keeps very well without any fat nor oil though.
- This delicious as a pudding, warmed with Greek style yogurt as a topping.