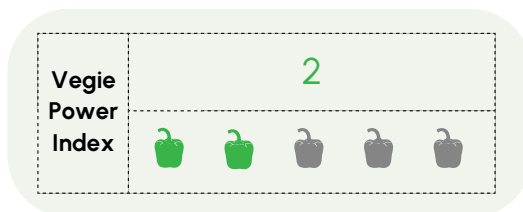


Black bean and raspberry brownie



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Amber	Everyday	Red	Amber	Red	Green	Green	Amber

PREP/COOKING TIME: 60 MINUTES

BASED ON: 24 SERVES

INGREDIENTS

	SERVES 24	SERVES 48	SERVES 96
Black Beans, canned, drained	420g	840g	1680g
Sunflower oil	1/3 cup	2/3 cup	1 1/3 cups
Flaxseed meal or linseed meal	3 tbsp	6 tbsp	12 tbsp
Water	9 tbsp	1 cup	2 1/4 cups
Vanilla essence	3 tsp	6 tsp	12 tsp
Golden syrup	160g	320g	640g
Whole meal flour, plain	1/2 cup	1 cup	2 cups
Cocoa powder	1/2 cup	1 cup	2 cups
Baking powder	1/2 tsp	1 tsp	2 tsp
Raspberries	1/2 cup	1 cup	2 cups
Salt	Pinch	2 pinches	4 pinches

METHOD

1. Preheat the oven to 180 °C. Line a baking dish with baking paper.
2. Add the flaxseed meal and water to a small bowl. Whisk together and allow to sit to become gel like.
3. Strain and rinse black beans and add to blender/food processor or use a stick blender (or mash beans using a fork).
4. Add sunflower oil, golden syrup, vanilla extract and flax seed mixture. Blend on high until smooth and creamy (or mix by hand).
5. In large mixing bowl sieve whole meal flour, cocoa powder and baking powder and mix to combine.
6. Pour black bean mixture into flour mixture and stir to combine.
7. Pour brownie mixture into baking paper lined brownie tin and push raspberries into the brownie mixture. Place in oven for 20-25minutes.