

Choc kidney bean muffins



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

PREP/COOKING TIME: 25 MINUTES

BASED ON: 12 SERVES

INGREDIENTS

	SERVES 12	SERVES 24	SERVES 36
Self-raising flour	1 cup	2 cups	3 cups
Brown sugar	1/2 cup	1 cup	1 1/2 cups
Cocoa (unsweetened)	1/2 cup	1 cup	1 1/2 cups
Kidney beans, canned, drained, mashed	400g	800g	1.2kg
Water or reduced-fat milk	40-60mL	80-100mL	120-140mL
Canola oil	100mL	200mL	300mL
Eggs	2	4	6
Vanilla extract	2 tsp	4 tsp	6 tsp

METHOD

1. Preheat oven to 180°C.
2. Line a non-stick medium sized muffin pan with paper cases, or greaseproof paper.
3. Sift flour, sugar and cocoa into a mixing bowl.
4. In a separate bowl, mash kidney beans (or process in a food processor).
5. Add water/milk to the kidney beans, mix well (Note: add 20mL to start with and add more if needed to reach a paste consistency).
6. Add oil, eggs and vanilla extract to the mashed beans.
7. Gently fold wet mix into dry mix and combine, don't overmix.
8. Bake for approximately 12 minutes.