



## Chickpea Brownies



These tasty brownies are full of healthy fats and fibre and the benefits of dark chocolate! A nutritious option for sharing with friends, giving as a gift or feeding the kids after school!



15 min

Cook: 30 min



Beginner



Makes approx 20 brownies

- 1 can chickpeas
- 80g peanut butter
- 120ml honey
- 1/2 tsp baking powder
- 1/2 tsp bicarb
- 1/4 tsp salt
- 2 tsp vanilla essence
- 40g ground almonds\*
- 25g cocoa powder
- 75ml milk (of your choice)
- Dark chocolate chips - approx 50g

\*Can sub for almond flour or other flour

\*\* Use more for topping before baking if desired

# Chickpea Brownies



## Method

1. Preheat your oven to 180°C (160°C fan).
2. Line a small baking pan with parchment paper, leaving some overhang to make it easier to lift out the brownies later. It doesn't matter if the mixture doesn't fill the pan, it will be thick enough not to run.
3. Drain and rinse the chickpeas and pat dry with a kitchen towel.
4. Add the chickpeas, peanut butter, honey, baking powder, bicarbonate soda, salt and vanilla essence into a blender and blend til smooth.
5. In a bowl fold together the blended mixture and the ground almonds, cocoa powder and chocolate chips.
6. Stir in the milk gradually until you have a thick smooth batter consistency.
7. Spoon the mixture into the prepared baking pan. Use a spatula to smooth out to brownie thickness (about 3/4 inch)
8. Bake in the pre-heated oven for 30 minutes, or until a skewer comes out clean.
9. Remove the pan from the oven and let it cool completely on a wire rack. Once cooled, use the parchment paper overhang to lift the entire block out of the pan.
10. Place the block on a cutting board and cut into squares of your desired size.
11. Store the brownies in an airtight container in the refrigerator for up to one week. For longer storage, you can freeze them for up to three months.

### Allergen Information

Contains: Dairy, Nuts