

Gluten-Free Bean Brownies

1/2 cup / 125 ml bean flour
1 tsp / 5 ml baking powder
1/4 tsp / 1ml salt
1/2 cup / 125 ml butter
2/3 cup / 150 ml sugar
3 squares unsweetened chocolate, melted
3 eggs
1 tsp / 5 ml vanilla
3/4 cup / 175 ml chopped walnuts

Preheat oven to 350 F (180 C). In a small bowl, combine flour, baking powder, and salt. Set aside. In a medium bowl, beat together butter and sugar until fluffy with an electric mixer. Melt squares of chocolate on low in microwave or in the top of a double boiler. Beat in the chocolate followed by the eggs, vanilla, and dry ingredients. Stir in half of the nuts. Spread in a greased 9-inch (23 cm) square pan. Sprinkle with remaining nuts. Bake for 20-25 minutes. Cool and cut into squares and dust with cocoa powder.

Energy: 182 kcal

Fiber: 2 g

Protein: 4 g

Carbohydrates: 13 g

Fat: 13 g