

Recipe: Dark Chocolate Chickpea Brownies

Objectives

- ❖ Create a healthy, delicious snack!

Duration

- ❖ 1.5 hours

Material	Quantity
Canned Chickpeas	430 g / 15 oz
Natural Nut Butter	120 g / 4.2 oz
Agave Honey	110 g / 4 oz
Cocoa Powder	28 g / 1 oz
Chocolate Extract	1 tbsp
Baking Soda	½ tsp
Baking Powder	½ tsp
Dark Chocolate	60 g / 2.1 oz
Sea Salt	Pinch

Instructions

1. Set oven to 350°F / 180°C
2. Place all of the ingredients – except the dark chocolate chunks – in a food processor or high powered blender. Once blended until smooth, empty the ingredients into a mixing bowl. Fold in the dark chocolate chunks.
3. Line an 8×8 inch (20x20 cm) baking pan with parchment paper and add the batter. It will be a very thick batter, this is normal. Evenly spread the batter into the baking dish and if desired, sprinkle sea salt flakes/crystals on top.
4. Bake for 22-25 minutes or until you can insert a toothpick and it comes out clean.
5. Allow the brownies to slightly cool before removing from the pan and slicing.