

Kitchen Therapy **After School Snacks**

Cocoa Bean Brownies (or Flourless Chocolate Cake)

A thin batter puffs during baking, and then deflates a little.
Very chocolaty, very yummy, very easy.

1/2 cup cocoa
1/3 cup canola oil
15 ounces canned beans, any kind, drained
1 cup dark brown sugar
3 eggs
1/2 teaspoon baking powder

Preheat oven to 350 degrees.

Put all ingredients in a blender and process until smooth.

Spray 8x8 or 9x9 inch pan with cooking spray.

Pour batter into pan and bake for 40 minutes, or until brownies are just set. The top may crack, not to worry.

Cool, cut and serve.

Variation: For a flourless chocolate cake and a fancier presentation, pour batter into a round cake pan. Cut into wedges and serve with raspberry or strawberry sauce.

Click below for nutrition information

Antioxidants in cocoa

http://www.news.cornell.edu/Chronicle/03/11.20.03/cocoa_antioxidants.html

Beans

<http://www.vegetablewithmore.com/02.html>

Antioxidants in sweeteners

<http://blog.kitchentherapy.us/2009/08/cocoa-bean-brownies/>

Eggs

<http://whfoods.org/genpage.php?tname=foodspice&dbid=92#descr>

Kitchen Therapy

www.kitchentherapy.us

Linda Simon, R.D., C.P.C.

608-868-1113

<http://blog.kitchentherapy.us>