

Choc kidney bean muffins

Traffic light category: **Amber**

Serves: 12

Ingredients

- » ½ cup brown sugar
- » 100ml canola oil
- » 2 eggs
- » 2 teaspoon vanilla
- » 400g mashed kidney beans (drained)
- » 1 cup self-raising flour
- » ½ cup cocoa (unsweetened)
- » 40 - 60mL water or reduced fat milk

Method

1. Preheat oven to 180°C
2. Line a non-stick medium sized muffin pan with paper cases
3. Sift flour, sugar & cocoa into a mixing bowl
4. In a separate bowl, mash kidney beans or process in a food processor
5. Add water or reduced fat 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 & vanilla to the mashed kidney beans
7. Gently fold wet mix into the dry mix and combine
8. Bake for approximately 12 minutes.

Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	76g	100g
Energy	807kJ	1056kJ
Protein	5.4g	7g
Total fat	9.3g	20g
Saturated fat	1.2g	1.6g
Carbohydrate	20g	27g
Sugars	7.4g	9.7g
Dietary fibre	3.6g	4.8g
Sodium	212mg	277mg

