



Choc Kidney Bean Muffin

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Yes, that's right, kidney beans! The use of the beans gives the muffins a dense texture and colour making these look and taste like a mud cake. They have been a favourite in canteens and households for as long as we can remember.

Traffic light category: Amber Serves: 12 (76g)

Ingredients

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

Method

1. Preheat oven to 180°C
2. Line a non-stick medium sized muffin pan with paper cases, or greaseproof paper
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 and vanilla extract to the mashed beans
7. Gently fold wet mix into dry mix and combine, don't overmix
8. Bake for approximately 12 minutes.



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