



KIDNEY BEAN CHOCOLATE CAKE

ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 5 mins

Cook time: 30 mins

Serves: 1 loaf, or 12 slices



INGREDIENTS

- 1 can (440g) kidney beans
- 1 tbsp vanilla essence
- 3/4 cup cacao powder
- 5 eggs
- 1/4 tsp salt
- 1 tsp baking powder (ensure gluten free)
- 1/2 tsp baking soda
- 3/4 cup coconut oil
- 1/2 - 1 cup natvia

METHOD

- Drain and rinse kidney beans and then place in blender.
- Add vanilla essence and eggs and beat until smooth.
- Add oil and natvia and beat until blended.
- Add cacao powder, baking powder, baking soda and salt and mix gently until combined.
- Pour mixture into a greased and lined loaf tin, or into moulds of choice and bake in oven for 20-45 minutes, depending on the dish size.
- Muffins about 20 minutes, loaf tin about 30-35 minutes.
- Test if a skewer inserted comes out clean, the cake is ready.
- Remove from tin and cool on wire rack.
- Can be iced or decorated to your liking.