

# SNACKS



## BLACK BEAN CHOC FUDGE MUFFINS

Top tip: Don't tell your family/friends what's in the muffins. They are totally plant based: no flour, eggs or butter. So good for you and yet they taste so naughty!

### INGREDIENTS

(MAKES 6)

240g tinned black beans  
3 tbsp cacao powder  
40g oats (whizzed in blender)  
2 tbsp maple syrup  
6 pitted dates  
2 tbsp melted coconut oil  
2 tsp vanilla extract  
80g 70%+ choc chips or chunks smashed into small pieces  
½ tsp baking powder & a pinch of salt

### METHOD

- o Preheat oven to 180C.
- o Place everything, except the chocolate, in a blender and mix until smooth.
- o Stir in the chocolate chips.
- o Spoon into 6 muffin cases, or more if you like them smaller.
- o Bake in oven for 16-20 mins until skewer comes out cleanly.