

Ingredients

Serves 10-12

1x 400g tin cooked red kidney beans, drained and rinsed
5 eggs
4 tbs honey
1 tsp vanilla essence
3 tbs cocoa powder
2 ½ tsp baking powder



Method

1. Preheat oven to 180°C and spray a 12-hole mini muffin tin with oil.
2. Add kidney beans and eggs to a food processor and process for 5 minutes. Add honey and vanilla essence and blend for a further 30 seconds.
3. Sift cocoa powder and baking powder in a separate bowl. Gently fold the dry ingredients into the wet kidney bean mixture until just combined. Do not over mix at this point as air will be lost from the muffins.
4. Pour mixture in muffin tins and bake for 10-15 minutes. (A longer baking time will be required if preparing as a cake. Use a skewer inserted into the middle of the cake to test that it is cooked.)
5. Once cooked, leave muffins to cool slightly on a wire rack for 5-10 minutes. Serve warm or cold.

Nutrition, hints and tips

- This recipe is clever in that it incorporates a serve of legumes into a sweet snack.
 - Legumes (including red kidney beans) are high in protein, fibre and non-haem iron (i.e. plant based iron).
 - As this recipe replaces flour with kidney beans, it is suitable for individuals with Coeliac Disease or those requiring gluten free diets.
- NB: Always check labels to ensure that all ingredients are gluten free (some baking powders and cocoa may not be).

- Storage advice: These muffins are best eaten on the day of cooking as they don't keep well – over time the beans develop a strong smell making them less appetising.
- The muffins are light and fluffy, perfect for Soft Diets and residents with difficulty chewing.
- Serve with a vanilla glaze or icing, or with fruit and cream.
- This recipe can be doubled and prepared as a cake or slice instead of muffins for variety and ease of preparation.