

# 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    |

