



Recipe Category / Cakes

Chocolate Bean Cake

15'
Hands on

35'
Cook Time

6-8
Portion(s)

1
Difficulty



Ingredients

- 200 g beans, medium sized, boiled
- 200 g granulated sugar
- 70 g olive oil
- 150 g all-purpose flour
- 2 tablespoon(s) cocoa powder
- 1 teaspoon(s) baking soda
- 2 teaspoon(s) cinnamon
- cloves
- 1 apple, cut into 0.5 cm cubes
- 50 g raisins
- 50 g nuts

For the glaze

- icing sugar
- water
- 2-3 teaspoon(s) turmeric, powder

Method

Photo credit: G.
Drakopoulos

- Process the beans in a food processor until they become a paste.
- Transfer to a bowl.
- Add the sugar, olive oil, flour, cocoa powder, baking soda, cinnamon, cloves, apples, raisins and nuts of your choice. Mix with a spatula.
- Grease and flour a 10x25 cm rectangular or round baking pan. Pour mixture into pan.
- Bake at 190* C (370 *F) for 35 minutes.
- If you want to make a glaze, combine a cup of icing sugar with 2-3 tablespoons of water and some ground turmeric. Mix together to form a paste. Add as much water as necessary to make a creamy glaze. Pour over cake.

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|-----------------------|-----------------------------|----------------------------|
| 356 Calories (kcal) | 14.0 Total Fat (g) | 2.3 Saturated Fat (g) | 50.0 Total Carbs (g) |
| 18% | 20% | 12% | 19% |
| 33.0 Sugars (g) | 5.3 Protein (g) | 4.3 Fibre (g) | 0.55 Sodium (g) |
| 37% | 11% | 17% | 9% |