



Chocolate Bean Cake

15'

Hands on

35'

Cook Time

6-8

Portion(s)

1

Difficulty



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.

Ingredients

- 200 g white beans (medium sized), boiled
- 200 g granulated sugar
- 70 g olive oil
- 150 g all-purpose flour
- 2 tablespoons cocoa powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- some ground cloves
- 1 apple, cut into 0.5 cm cubes
- 50 g raisins
- 50 g nuts
- **For the glaze:**
- icing sugar
- water
- 2-3 teaspoons ground turmeric

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%