



**VEGETARIAN
EXPRESS**



Black Bean Brownie

Ingredients

- 200g Flora plant butter wrapper
- 125g muscovado sugar-dark
- 125g muscovado sugar-light
- 80g cacao powder
- 100g plant-based liquid egg
- 100g Wildfarmed plain white flour
- 200g Willie's cacao chocolate chef drops-Rio Caribe 72%
- 60ml Plenish oat milk
- 200g frozen black turtle beans

Muscovado sugar-dark may contain traces of Tree Nuts, Peanuts, Milk, Celery, Mustard, Sesame, Soya & Sulphites

Muscovado sugar-light may contain traces of Tree Nuts, Peanuts, Milk, Celery, Mustard, Sesame, Soya & Sulphites

Cacao powder may contain traces of Tree Nuts, Peanuts, Sesame, Soya & Sulphites

Plenish oat milk may contain traces of Tree Nuts & Soya

Plant-based liquid egg may contain traces of Mustard & Soya

Method | SERVES 16

- Melt 'butter' over a double boiler and dissolve sugars.
- Add sieved cocoa and flour.
- Melt half the chocolate into oat milk.
- Blend defrosted beans with plant-based liquid egg until smooth.
- Add melted chocolate mix and mix together.
- Add remaining chocolate and fold everything together until combined.
- Bake in lined 1/3 gastro at 160°C until core temp is 82°C, around 25 minutes.

Typical Nutritional Values

	per 100g	serving 67g
Energy	1689kJ 404kcal	1132kJ 271kcal
Fat	23.0g	15.4g
of which Saturated	14.0g	9.4g
Carbohydrate	43.0g	28.8g
of which Sugars	28.0g	18.8g
Fibre	4.6g	3.1g
Protein	6.3g	4.2g
Salt	0.28g	0.19g

Suitable for: Vegan

Allergens: Cereal Gluten

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using butter, eggs & milk.

CO₂ saving (g)
493

Land use saving (m²)
11

Water use saving (L)
1062

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.