

Chocolate and berry brownie

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Nadia Lim shows us how to make her delicious chocolate treat.

Ingredients (makes 25 pieces)

- ¼ cup melted butter or coconut oil
- 4 tbsp pure maple syrup
- 100 g 70-80 per cent dark chocolate
- 400 g tin black beans, rinsed and drained
- 1 tsp baking powder
- 2 free-range eggs
- 1 cup fresh (or frozen) berries

Method

Preheat oven to 150°C. Grease and line a roughly 18 to 21 cm square cake or baking dish with baking paper.

Place coconut oil, maple syrup and dark chocolate in a medium pot over low heat, stirring frequently, until chocolate is melted. Allow to cool slightly.

Transfer to a food processor or blender and add black beans, baking powder and eggs and blend until smooth and well combined, scraping down the sides with a spatula to make sure all the ingredients get well incorporated.

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Spoon mixture into prepared tin. Scatter berries over the top (see note below) and bake for 20 to 25 minutes (20 minutes if you prefer it more fudgy, 25 minutes if you prefer it slightly firmer). Allow to cool for 5 minutes or so on the bench before placing in the fridge for about 20 minutes to set. Delicious eaten warm or cold. Stores well in the freezer.

*If using defrosted frozen berries, make sure you drain as much liquid off them as possible before scattering over the brownie mixture.

Recipe by Nadia Lim at [My Food Bag](#).

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