

Chocolate Black Bean Beetroot 'Mousse' Slice

Makes 8 serves (2 pcs/serve)

INGREDIENTS

1 X 400g can black beans, drained and rinsed (unsalted)
220g cooked diced beetroot
1/4 cup cocoa powder
2 tbsp ground flax seeds
6 tbsp warm water
1 tsp vanilla extract
3 tbsp apple sauce
4 tbsp pure maple syrup
2 tsp baking powder
1/2 tsp salt
1/2 cup ground almonds

METHOD

1. Preheat oven to 180 ° C. Line a square 9x9 cake tin or similar with baking paper.
2. Add to a blender or food processor the ground flax seed and water allow to sit for 5 minutes to thicken. Add remaining ingredients and blend until everything is well-mixed and smooth.
3. Pour mixture into your lined dish and smooth.
4. Bake for 30 minutes. After 30 minutes, the slice will still be soft, but allow it to cool to room temperature.
5. Once cooled, chill it in the refrigerator overnight, cut into 16 pieces and serve when ready.

NOTE: If you can't wait to taste this, chill it in the freezer for 30 minutes after it's cooled. It should be just firm enough to cut a piece. I do recommend waiting 24 hours for best results.