

Black Bean Chocolate Cookies



Discover our chocolate cookies, a tasty blend of pleasure and well-being. Thanks to the fiber-rich black beans, this recipe reinvents the classic indulgence. Let yourself be tempted by a delicious and nutritious experience!

Preparation 15 min

Cooking 8-10 min

Servings 8

Nutrition Facts (per serving)

Calories 230

Fat 10

Carbohydrates 26

Fibre 6

Protein 9

Sodium 120

Ingredients

- 1 - 15 oz (540 ml) can of black beans, drained, rinsed, dried
- 125 ml (½ cup) peanut butter
- 80 ml (? cup) maple syrup
- 60 ml (¼ cup) cocoa powder
- 6.5 ml (1¼ tsp) baking powder

- 2 pieces of 85% dark chocolate (such as Lindt), roughly chopped

Preparation

1. Preheat the oven to 350°F (180°C).
2. Blend all ingredients, except the chocolate chips, in a food processor until you have a thick, uniform dough. If necessary, stop the processor to scrape down the sides with a rubber spatula and restart a few times.
3. Form 8 balls, then flatten them into discs. Shape the dough as desired, as it will not spread or rise during baking.
4. Add the chocolate chips on top of each cookie with a pinch of sea salt.
5. Place the discs on a baking sheet lined with parchment paper and bake for 8 to 10 minutes, until the cookies are set and have small cracks.
6. Remove from the oven and let cool for at least 20 minutes before serving.

Notes

Keeps for 5 days in the refrigerator or freezes for 3 months in an airtight container.



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