

Choc Fudge Cake

Shhh... Red Kidney Beans are the surprise ingredient in this cake. No flour, so it's gluten free.

I found this recipe on a Thermomix Forum and it's called the Magic Bean Cake.

When I make something for the first time, I have a bit of fun with it, and get the kids to make up a name for it. That's what I did with this cake and Choc Fudge Cake was what Indrani called it, so the name stuck. It's on high rotation for recess with the kids asking for it at least once a month.

Ingredients

- 400g can Red Kidney Beans, rinsed and drained
- 1 tablespoon Water
- 1 tablespoon Vanilla Extract
- 125g butter
- 4 Eggs
- 1 tablespoon Chia Seed
- 150g Rapadura or Raw Sugar
- 30-40g Cacao Powder*
- 1 teaspoon Baking Bowder
- ½ teaspoon Bicarbonate of Soda

* start with 30g & taste if it's strong enough.
Cacao can have a strong chocolate flavour for those not use to it.



Directions

1. Preheat oven to 180 degrees. Prepare muffin tin.
2. Blend kidney beans, water, chia seeds, vanilla and butter until smooth.
3. Add the remainder of the ingredients and blend again.
4. Use an ice cream scoop to scoop mixture into muffin tip.
5. Bake for 20-30 minutes or until a toothpick inserted into the middle comes out clean

Another 2 ways from this recipe.

- Add grated zucchini to the mix (squeeze out the liquid from the zucchini)
- Make as a cake rather than muffins and add an Healthy Chocolate Mousse as icing. This was what Israel requested for his birthday cake last year. Everyone loved it!