

Super Sweet Gooney Cake

This week the secret ingredients is... drum roll please.. Cannellini Beans. Gluten Free Goeyness!

So I thought to myself if Red Kidney Beans work, I wonder if other beans would too. So I decided to take last weeks Choc Fudge Cake recipe and replace the red kidney beans. I didn't want another chocolate cake, so I took out the Cacao and put in some banana and apple.

After adding a bit of this and a bit of that, what I created was a banana apple cannellini bean cake / muffin which Indrani named Super Sweet Gooney Cake. Super Sweet because of the banana & apple, and because there's only beans rather than flour, its a bit gooyey than a normal cake.

Ingredients

- 300g can Cannellini Beans, rinsed and drained
- 1 medium banana mashed
- 1 small apple grated
- 1 tablespoon Water
- 1 tablespoon Vanilla Extract
- 125g butter
- 2 Eggs
- 2 tablespoons Chia Seed
- 85g Rapadura or Raw Sugar
- • 1 teaspoon Baking Powder
- 1/2 teaspoon Bicarbonate of Soda



Directions

1. Preheat oven to 180 degrees. Prepare muffin tin.
2. Blend Cannellini Beans, water, chia seeds, vanilla, and butter until smooth.
3. Add the banana and apple. Mix again.
4. Let it sit for about 5 minutes so chia absorbs some of the moisture
5. Add the remainder of the ingredients and blend again.
6. Use an ice cream scoop to scoop mixture into muffin tip.
7. Bake for 30-40 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)
- Add Cacao or Sunwarrior Chocolate Protein Powder for a chocolate twist