

Chocolate Squares

Preparation time **20 minutes**

Cooking time **25 minutes**

Servings **16 squares**

Cost per serving **32¢**

Storage **5 days in the fridge.
Can be frozen.**

Kitchen tools **Can opener, colander, measuring cups and spoons, 8-inch square baking dish, parchment paper (or oil), plate, fork (or a potato masher), large bowl, whisk, spatula.**



Ingredients



1 can (540 ml) **black beans**,
drained and rinsed



125 ml (½ cup) **brown sugar**



125 ml (½ cup) softened **butter** or non-hydrogenated margarine



3 **eggs**



125 ml (½ cup) **all-purpose flour**



60 ml (¼ cup) **cocoa powder**
(divided: 30 ml [2 tbsp]
+ 30 ml [2 tbsp])

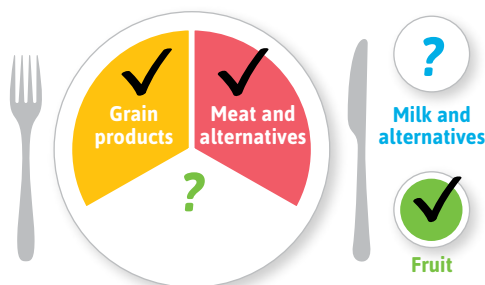


5 ml (1 tsp) **baking powder**



125 ml (½ cup) **semi-sweet chocolate chips**

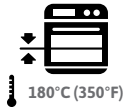









Illustrations © Québec Amérique. All rights reserved (ikonet.com)



Balanced plate

✓ Delicious with a glass of milk or fortified soy beverage

Directions

| | | |
|---|---|---|
| 1 | Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil an 8-inch square baking dish or line with parchment paper. |   |
| 2 | Mash the black beans on a plate using a fork or a potato masher until the texture is relatively smooth. Set aside. |  |
| 3 | In a large bowl, add the brown sugar, butter and eggs . Mix with a whisk (or a fork) for 4 to 5 minutes, or until the mixture is thick and creamy. |  |
| 4 | Add the flour , 30 ml (2 tbsp) of cocoa powder and baking powder . Mix. |  |
| 5 | Add the mashed black beans and the chocolate chips . Stir just enough to incorporate the chocolate chips and the beans. |  |
| 6 | Pour the mixture into the baking dish and bake for about 25 minutes, or until a toothpick inserted in the centre comes out clean. |   |
| 7 | Sprinkle the remaining cocoa powder on the chocolate squares while they are still hot. Let cool before cutting into pieces and serving. Variation: If you cut the squares when they are still hot, the texture will be chewier. |   |

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition