

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])

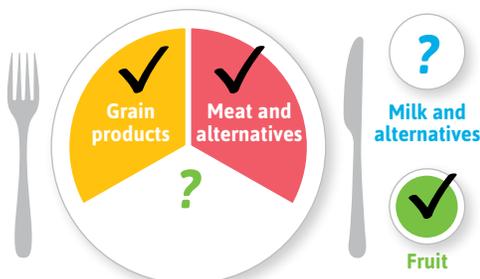


5 ml (1 tsp) **baking powder**



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

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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