

Butter Bean Brownie



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16 portions

INGREDIENTS

100g Butter Beans
100g Carrots
50g Cooked Beetroot
2 Medium Eggs
110g Caster Sugar
3ml Vanilla Essence
100g Butter or Margarine
100g Self Raising Flour
5g Baking Powder
45g Cocoa Powder

METHOD

Preheat the oven to 180°C and line a suitable deep sided tray with parchment paper.

Drain the butter beans, place them into a bowl, and mash. Peel the carrots, grate them along with the beetroot, and mix into the mashed beans.

Whisk together the eggs, caster sugar, and vanilla essence until pale, light, and fluffy.

Melt the butter, allow it to cool to room temperature, then gently fold it into the egg mixture along with the grated vegetables.

Sieve the self-raising flour, baking powder, and cocoa powder, then fold them gently into the mixture.

Pour the mixture into the lined baking tray and spread evenly. Bake for 15 minutes, or until cooked. Allow to cool before portioning.