

Gluten-free kidney bean brownies with walnuts

Cuisine: **Other**Food category: **Legumes**Author: **Ondrej Vlcek**Company: **Retigo**

Program steps

1 Hot air 100 % Termination by time 00:35 hh:mm 160 °C 70 %

Ingredients - number of portions - 12

Name	Value	Unit
pickled red kidney beans	800	g
chicken eggs	4	pcs
Cocoa powder	85	g
honey	180	g
butter soft	230	g
walnuts	150	g

Nutrition and allergens

Allergens: 3, 7, 8

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	444.9 kJ
Carbohydrate	27.2 g
Fat	25 g
Protein	7.8 g
Water	0 g

Directions

Melt the butter over low heat.

Place the rinsed, drained beans in a food processor along with cocoa, eggs and honey.

Blitz until smooth. Then slowly beat the butter into the mixture. The butter must not be too hot so that the eggs do not curdle. We can lightly add a pinch of salt or add more honey. Put the mass into a bowl and lightly mix in 2/3 of the roughly chopped walnuts with the help of a spatula. Pour the mixture into the prepared 24x20 cm or similar sized mold, which we line with baking paper so that we can easily remove the brownies after baking. Sprinkle the top with nuts, which we then lightly press into the mixture. Place in the preheated oven and bake for about 35 minutes. The brownie should feel firm and springy with occasional cracks. Let it cool down, remove from the mold and cut into portions.

Recommended accessories

