



Brownie Cake

Recipe makes:

16 Brownie Cake Slices

Preparation time:

10 minutes

Baking time:

30 minutes

Nutritional Information	1 Slice
Energy	94kcal
Carbohydrates of which sugars	6.0g 0.3g
Protein	4.2g
Fat	5.9g

Ingredients:

- 425g tinned black beans, drained and rinsed
- 2 large eggs
- ½ of a large ripe avocado
- 50g unsweetened cocoa powder
- 1 tbsp melted coconut oil
- ½ tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 1 tsp vanilla extract
- 115g of erythritol (or other suitable artificial sugar for baking that is equivalent to 115g sugar)
- 50g chopped walnuts
- 50g Sugar Free 60% Dark Chocolate Couverture Drops

Method:

1. Preheat oven to 160°C/ fan 140°C/ gas mark 3.
2. Grease and line an 8-inch round cake tin.
3. Place all ingredients except walnuts into a food processor and blend well until completely smooth, pour the batter into a bowl.
4. Using a spoon gently mix the walnuts into batter.
5. Pour batter into the prepared cake tin.
6. Scatter the chocolate drops evenly on top.
7. Bake for 30 minutes or until a knife inserted into the centre of the cake comes out clean.
8. Cool on cooling rack for minimum 20 minutes. Cut into 16 brownie slices.

Chef's Tip:

Use an 8 x 8-inch square cake tin for 16 square brownie bites.

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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