

CHOCOLATE BROWNIES WITH GANÂCHE

Here's an amazing recipe for chocolate brownies that's (almost) as healthy as a plate of fresh hummus. Bet you can't eat just one!



INGREDIENTS **Makes sixteen 2-inch brownies**

Brownies

Cooking spray, for greasing

2 cups cooked chickpeas or one 15-ounce can chickpeas, drained and rinsed

4 large eggs

2 teaspoons vanilla extract

1 tablespoon canola oil

3 tablespoons cocoa powder

½ cup white sugar

1 teaspoon baking powder

2 tablespoons almond flour

⅛ teaspoon salt

½ cup chocolate chips

Ganâche

½ cup heavy cream

½ cup chocolate chips

PREPARATION

- 1 Prepare the brownies:** Preheat oven to 350°F and line an 8 x 8-inch baking pan with a parchment paper or grease with cooking spray.
- 2** In a blender or food processor, pulse the chickpeas until smooth.
- 3** Transfer the chickpeas to a large bowl, and mix in the eggs, vanilla extract and oil, until blended.
- 4** In another bowl, mix the cocoa, sugar, baking powder, flour and salt. Combine with the chickpea mixture, and then fold in the chocolate chips.
- 5** Pour into the pan and bake for 20 minutes until toothpick, inserted into the middle, comes out with a few crumbs on it. Set aside to cool slightly.

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- 6 **Prepare the ganache:** Pour the cream into a small saucepan and heat just until boiling. Remove from the heat and stir in the chocolate chips, stirring until smooth and glossy.
- 7 Cut the brownies into 16 equal pieces and then top each piece with chocolate ganache. Serve warm.

CHOCOLATE & CHICKPEA PROTEIN BARS

Here's a homemade alternative to standard protein bars. Not only are these bars delicious and nutritious, but you know exactly how much sugar they include. Of course, they contain no preservatives.



INGREDIENTS **Makes 40 bars**

½ cup white sugar
½ cup unsalted butter, softened
2 large eggs
1 teaspoon vanilla extract

2 cups cooked chickpeas or one 15-ounce can chickpeas, drained, rinsed and roughly mashed
1 cup semisweet chocolate chips

1 cup chopped roasted peanuts
1½ cups self-rising flour
½ teaspoon cinnamon

PREPARATION

- 1 Line a 9 x 13-inch baking sheet with parchment paper. In a large mixing bowl, cream the sugar and butter until smooth. Beat in the eggs and vanilla, and then fold in the chickpeas, chocolate chips and peanuts. Mix in the flour and cinnamon, until thoroughly combined.
- 2 Place the dough on the baking sheet and press to flatten. Transfer to the refrigerator and chill for 30 minutes.
- 3 Preheat the oven to 350°F. Bake for about 35 minutes, until golden. Transfer to a wire rack and cool to room temperature, then cut into 1 x 1½-inch rectangles. May be refrigerated in an airtight container for up to 1 week.