

GF Bean & Hot Pepper Brownies

1 14-oz can of chickpeas/garbanzo beans, rinsed & drained
2 eggs
1/3 cup cocoa powder
2/3 cup sugar
2 T culinary coconut milk or equiv. coconut oil
1 t baking soda
2 t baking powder
1/2 cup semi-sweet chocolate chips
1/4-1/2 t each of cayenne pepper, turmeric, cardamom, and
black pepper to taste (less than 1/4 t)

They're practically vegetables!

Preheat the oven to 350° F and line a 9x9" pan with parchment paper (or a thin layer of butter or oil). Pulse all ingredients EXCEPT the chocolate chips in a food processor. When the batter is smooth, stir in chocolate chips and pour the mixture into the prepared pan. Bake for 20 to 25 minutes...or until they smell so good you have to get your hands on them. Allow to cool before cutting and serving.

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Full disclosure: I started with a chickpea brownie recipe from The Roasted Root (my inspiration: www.theroastedroot.net/dark-chocolate-chickpea-brownies) and added the spices...and the chocolate chips...and some extra sugar...hey, there's still some vegetables! If you prefer a more cake-like brownie, add a couple of Tablespoons of GF flour and double the coconut milk. And finally, while I don't think you can count a brownie as a serving of vegetables, there's no reason not to try. :~D

A taste of what's coming

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Dirty Rotten Vegetables

by Diane Stresing

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