



High protein brownies

12 slices



Easy

up to 40 Min.



Ingredients:

Cake:

250 g Kidney Beans (Canned)
2 Medium Eggs
160 g Erythritol (Sweetener)
Salt
50 g Dr. Oetker Fine Dark Cocoa Powder
1 tsp Dr. Oetker Baking Powder
50 g Ground Almonds
100 ml Oat Milk
50 g Soya Flour

Glaze:

75 g Dr. Oetker 72% Extra Dark Chocolate
10 g Coconut Oil (Liquid)

Topping:

8 g Chopped Almonds (1 tbsp)
8 g Pistachios (1 tbsp)

1 For the cake:

Preheat the oven (top/bottom heat: 160 °C). Cover the baking tin with greaseproof paper. Drain the kidney beans and puree into a fine mix with the eggs in a bowl. Add the rest of the ingredients and whisk smooth using the whisk attachment on the hand mixer. Add the mass to the tin and bake in the centre of the oven for approx. 45 minutes, then set aside to cool and remove the greaseproof paper.

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2 For the glaze & topping:

Chop the Extra Dark Chocolate and melt together with the coconut oil over a water bath. Spread the glaze over the cake, sprinkle with almonds and pistachios and set aside to cool for approx. 15 minutes. Slice the brownie into 12 portions and serve.

Tip from the Test Kitchen

- It is best to eat the brownies fresh, otherwise pack in an airtight container. For even more protein, you can also use protein powder. In order to reach the desired dough consistency, you can adjust the proportion of oat milk.



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