

Chocolate Bean Muffins

Yield: 36 mini muffins

Ingredients:

- 15 ounces black beans
- 3 eggs
- 8 ounces semi-sweet chocolate, melted
- 1½ teaspoons baking powder
- 1 tablespoon cocoa powder
- ½ teaspoon salt
- 2 tablespoons vegetable oil
- ¾ cup of granulated sugar
- 1 teaspoon vanilla extract

Procedures:

1. Preheat oven to 375°F. Lightly grease or line muffin tins.
2. Drain and rinse black beans well.
3. Add beans and eggs into a blender. Blend until smooth.
4. Place chocolate in a large, microwave-safe bowl. Microwave for 30 seconds at a time until melted and stirring after each time.
5. Add the bean/egg mixture to chocolate, and stir to combine.
6. Add remaining ingredients into the chocolate bean mixture, and stir to combine well.
7. Using a portion scoop, place batter into prepared muffin pans.
8. Place the muffins into the preheated oven. Bake until matte on top and baked through – about 12 minutes. Note: Do not open the oven during the first 8 minutes of baking!
9. Leave muffins in muffin tins for 2-3 minutes.
10. Remove muffins and place them on a cooling rack to finish cooling.
11. Serve at room temperature with Aquafaba Whip.

Recipe by Metropolitan Community College, 2019 FCS Summer Session

Altered by Miranda Bright, Crete Public Schools



Aquafaba Whip

Yield: 4 cups of whip

Ingredients:

- 1 15-ounce can's worth of chickpea liquid (unsalted)
- 1 pinch salt (omit if not using unsalted)
- ¼ teaspoon cream of tartar
- 4 ounces sugar, granulated
- ½ teaspoons vanilla extract

Procedures:

1. Through a fine mesh strainer, pass the chickpea liquid (Aquafaba) into a mixing bowl.
2. Add the salt and cream of tartar into the Aquafaba.
3. With a hand or stand mixer on medium speed, begin whipping, gradually, increasing to high speed, until liquid forms medium peaks.
4. While whipping, gradually add sugar and continue whipping until the desired thickness.
5. Fold vanilla extract until combined with no streaks remaining.
6. Serve on Chocolate Bean Muffins.

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