Chocolate & black bean muffins

Makes 15

Ingredients

225g self raising flour (gf - 115g gluten free flour, 110g gf oat flour, 1 heaped teaspoon baking powder, blended together)
25g cocoa powder
1 teaspoon bicarbonate of soda
125g caster sugar
100g dairy free margarine
150g cooked black turtle beans
1 large ripe banana or 100ml cooked apple
150 - 200ml plant-based milk
75g dairy free chocolate chips

Instructions

- Place 12 muffin cases into a muffin tray.
- Preheat oven to 200°C fan oven (220°C electric oven, gas mark 7)
- Sift the flour, cocoa powder and bicarbonate of soda into a large mixing bowl.
- Stir in the sugar.
- Place 100g dairy free margarine into a jug and melt in a microwave.
- Blitz the black beans and banana in a food processor with 100ml plant-based milk.
- Stir the bean mix and margarine into the dry ingredients until it forms a smooth batter. Add more plant-based milk a little at a time until it is a thick pourable consistency. The consistency should be the same as that of American pancakes.
- Stir in most of the chocolate chips, keeping enough to sprinkle on top.
- Pour the mixture into the measuring jug.
- Pour an equal amount into each muffin case. Sprinkle the remaining chocolate chips on top.
- Bake for 15 - 20 minutes. Check if cooked by sticking a small sharp knife into the centre of a muffin. The muffins are cooked when the knife comes out clean. Leave to cool.