

Dietitian Tip May
Tuesday 26/20

Baking **With** Pulses

What are pulses, you ask? They include foods like beans (kidney, navy, black beans, etc.), chickpeas, lentils, and split peas. These are a versatile food and a great source of fibre and plant-based protein. You have likely eaten these in chili or soup before, but did you know you can bake with them too? In baking, pureed pulses can add moisture while also increasing protein and fibre giving you a delicious and nourishing snack.

Find example recipes, and more information on nutrition and healthy eating, at www.grandeprairiepcn.com/resources/dietitiantip



Here are a few recipes you could try!

1. Flourless Chocolate Lentil Muffins

<https://www.sarahremmer.com/flourless-chocolate-lentil-protein-muffins/>

2. Baking with Pulses Cookbook

<https://albertapulse.com/wp-content/uploads/2017/06/2017-Baking-with-Pulses.pdf>

3. Flourless Chocolate Chip Chickpea Blondie

<https://www.ambitiouskitchen.com/flourless-chocolate-chip-chickpea-blondies-with-sea-salt-vegan-gluten-free-healthy/>

Black Bean Brownies are a huge hit! Here is an adapted recipe from one of our dietitians!

Black Bean Brownies

Prep Time: 10 minutes Cook Time: 25 minutes

1 can black beans (540ml) rinsed and drained thoroughly
2 eggs
3 tbsp oil of choice
 $\frac{3}{4}$ cup cocoa
 $\frac{1}{4}$ tsp salt
1 tsp vanilla extract
 $\frac{1}{2}$ cup sugar
1 $\frac{1}{2}$ tsp baking powder
Optional: chocolate chips, nuts or swirl in peanut butter

1. Preheat oven to 350°F.
2. Rinse and drain your black beans. Grease a 9x9 pan while they drain.
3. Add all ingredients (except optional ingredients) to a blender or food processor and blend until smooth, about 3 minutes.
4. Stir in optional ingredients if desired and pour mixture into greased pan.
5. Bake for 20-25 minutes. The top should be dry and brownies beginning to pull away from the sides of the pan.
6. Remove from the oven and let them cool for at least 30 minutes.
7. Serve and enjoy!

This recipe is adapted from The Minimalist Baker's Vegan Gluten-Free Black Brownies. The recipe above is not vegan.

<https://minimalistbaker.com/vegan-gluten-free-black-bean-brownies/>

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