# Dark Chocolate Black Bean Cookies

## Picture of the finished cookie on baking paper

## Ingredients

* 2 Tablespoons of chia seeds or 2 free-range organic eggs
* 100 ml maple syrup
* 1 teaspoon vanilla extract
* 1 x 400g tin black beans
* 2 tablespoons coconut oil
* 40g cocoa powder
* A pinch of sea salt or Himalayan salt
* 75g dark chocolate button or chopped bits

## Method

* Preheat the oven to 210 C/ 190 C/Gas 7, get ingredients together and line a baking tray with greaseproof paper.
* If you are using chia seeds, mix them with 4 tablespoons of cold water.
* Mix the chia mixture or eggs, maple syrup and vanilla in a bowl and set aside.
* Drain the beans and rinse well. Put them into a food processor with coconut oil, cocoa and salt and blend until you have smooth dough.
* Add the maple syrup mixture and pulse until you have wet dough.
* Add the chocolate and stir in.
* Spoon a tablespoon on lined baking sheet and use the back of a spoon to flatten. They don’t spread very much when baked.
* Sprinkle the top with salt and bake for 12-15 minutes until the edges are browning.

These are packed with protein and fibre to help stabilise blood sugar levels and keep you feeling full. Black beans contain insoluble and soluble fibre, vitamins, antioxidants and minerals (iron, calcium, manganese).