

Cocoa Bean Bites

"And you thought this recipe used cocoa beans! Nope – it uses red kidney beans as the base. Don't dismay; you'll never taste or see a kidney bean, but you will have all the delicious nutrition from them. Kids love them!"

2 cups (500 mL) quick cooking oats
1 cup (250 mL) barley flour (use all-purpose if you can't find barley flour)
1 teaspoon (5mL) baking powder
½ teaspoon (2.5 mL) baking soda
½ cup (125 mL) unsweetened cocoa powder
1 teaspoon (5 mL) ground cinnamon
½ teaspoon (2.5 mL) ground cloves
½ teaspoon (2.5 mL) salt
19-ounce (540 mL) can red kidney beans, rinsed and drained
2 tablespoons (30 mL) water
1/3 cup (75 mL) soft butter
1 cup (250 mL) lightly packed light brown sugar
2 large eggs
1 teaspoon (5 mL) vanilla extract
¾ cup (175 mL) chocolate chips

1. Preheat oven to 350°F (180°C). Lightly grease two large baking sheets.
2. In a large mixing bowl, combine oats, barley flour, baking powder, baking soda, cocoa powder, cinnamon, cloves, and salt. Stir to combine.
3. Place beans in a food processor with water and pulse until smooth. Transfer to a large mixing bowl. Add butter and cream on medium speed with mixer until well blended. Add brown sugar, eggs, and vanilla. Beat until smooth, scraping down the side of the bowl occasionally.
4. Add dry ingredients and mix until blended. Stir in chocolate chips.
5. Drop by 2 tablespoonfuls (30 mL) onto prepared baking sheets. Bake for 14-16 minutes until slightly firm to the touch. Transfer to cooling racks.

Makes 30-36 cookies

