



# Banana Black Bean Brownies with Banana Ice Cream

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## **Brownies:**

3 ripe bananas  
1 can black beans  
1/4 cup quinoa flakes  
3/4 cup cacao powder  
2/3 cup coconut sugar  
4 Tbsp coconut oil  
1 1/2 tsp baking powder  
1 tsp vanilla bean paste  
Good pinch of salt

## **Method:**

Preheat oven to 160 degrees Celsius.

Place bananas in a food processor and process. Add all other ingredients and process until smooth.

Pour mix into a tin lined with baking paper. Bake for approx. 30mins. The brownie will be dense but moist in the centre.

## **Banana Ice Cream:**

1 1/2 cup frozen banana (chopped)  
1-2 Tbsp almond milk  
1 tsp vanilla extract

In a high-speed blender, combine all ingredients until it is the texture of a soft serve ice cream. You may need to scrape down the edges.

## **To Serve:**

Candied Walnuts  
Dark Chocolate