KIKKOMAN

Gluten-free black bean brownie

Total time **120 mins** **40 mins** preparation time **80 mins** cooking time **130 mins** waiting time

INGREDIENTS

For the brownie:

70 g	brown linseed
150 ml	boiling water
100 g	vegan dark chocolate (e.g. 70%)
240 g	canned black beans, drained
150 g	(roughly 2) ripe bananas (with brown spots on the skin), peeled
6 g	baking powder
85 ml	oil (e.g. rapeseed or sunflower)
20 g	vanilla sugar
10 ml	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
200 g	ground almonds
150 g	brown sugar
70 g	cocoa powder

For the chocolate-plum spread:

100 g	vegan dark chocolate
100 g	plum jam
10 ml	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5 g	chilli flakes

Additional:

50 ml	coconut cream 15-20% fat
10 g	icing sugar
10 g	mint leaves
60 g	fresh raspberries
60 g	fresh blueberries
60 g	fresh strawberries

PREPARATION

Step 1

Grind the linseed into a fine powder with a blender or grinder. Mix with boiling water and stir to combine.

Step 2

Melt the 100 g of chocolate in a bain-marie.

Step 3

Blend the beans with the peeled bananas, baking powder, oil (80 ml), linseed mixture, vanilla sugar and Kikkoman Gluten free Soy Sauce until smooth.

Step 4

Mix the almond powder with the blended bean mixture in a bowl. Add the brown sugar, cocoa powder and melted chocolate. Mix well with a spoon. Lightly grease a baking tray with 5 ml of oil and spread the batter to a thickness of 2–3 cm for even baking.

Step 5

Bake in a preheated fan oven at 180 °C for around 80 minutes.

Step 6

Melt the chocolate for the plum spread in a bain-marie. Mix in the plum jam, Kikkoman Ponzu Lemon and chilli flakes. Stir until smooth.

Step 7

Refrigerate the coconut cream for 30 minutes. After chilling, skim off the solidified coconut fat from the surface. Beat this fat with icing sugar until stiff (whipped cream texture).

Step 8

Serve the brownie with a layer of the chocolate-plum spread, topped with a scoop of the whipped coconut cream, mint and fruit.