



Gut Luvin' Chocolate Donuts

SERVINGS: 3-4

PREPPING TIME: 5 MIN

COOKING TIME: 20 MIN

Ingredients

2 Tbspn coconut oil
1 can black beans (400g) drained
1 cup of oats blitzed to a course flour
1/4 cup of maple syrup
2 Tsp baking powder
2 Tbspn cocoa powder or Cacao
1/4 cup of 70 dark chocolate chips or
1/4 cup of grated 70% dark chocolate
2 tsp vanilla extract
Coconut oil spray
Salt
Donut trays x 2
(can just use normal brownie tin)

Optional extras

Raspberries 1/4 cup
Chopped nuts of choice

Directions

1. Preheat oven to 175°C & spray tray's with coconut oil spray
2. Blitz oats in food processor until a flour.
3. Add black beans, maple syrup, baking powder, cocoa powder, vanilla, and coconut oil and blend until smooth batter.
4. Fold into the batter the dark chocolate,
5. Evenly scoop batter into each of the donut rings
6. Bake for 15- 20 minutes or until a sharp knife inserted comes out clean.
7. Allow to cool before transferring to a wire rack.

Optional Extras

Fold in frozen raspberries to batter
Roughly chop nuts and sprinkle on donut rings in pan before baking



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