

Amazing Bean Cake

Allergen Advice

- **Free from:** Nuts, Seeds, Soy, Wheat, Gluten, Grains, Low in Salicylates, Amines & Glutamates. Can easily be made Dairy free

Serves 8 approx

400g cooked/canned navy or kidney beans
1 teaspoon of pure vanilla extract or essence (optional)
5 eggs
1 tablespoon of water
1/3 cup carob
½ teaspoon of bicarbonate of soda
½ teaspoon of baking powder
125g of butter or tolerated margarine
½ teaspoon of iodised salt
2/3 cup of sugar or tolerated sweetener

Easy Swaps

*Navy Beans with Chickpeas
or other white beans*

*Butter with Margarine or
Coconut Oil*

Carob with Cocoa



1. Preheat oven to 180C
2. Place all ingredients into a food processor or high speed blender and mix until well combined
3. Pour into a 20cm round cake tin, small loaf tin or cupcake pan that has been greased and/or lined with baking paper
4. Place the cake into oven and bake at 180C for 20-30 minutes (cupcakes) or 40-60 minutes (cake tin) or 60-70 minutes for a loaf tin or until lightly browned, firm and cooked through evenly

Star Nutrients

Protein, Fibre
Iron, Zinc, Potassium,
Vitamins A & E
Magnesium
B vitamins

Notes

1. If salicylates and spices are tolerated then add 1 teaspoon of cinnamon for extra flavour
2. If tolerated add either a small grated carrot or small banana for extra nutrients. The water can be left out and added sugar decreased if bananas are used

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