



Chickpea Brownies



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Introduction

Chickpea brownies are a nutritious twist on the traditional brownie, offering a delicious dessert that is both healthy and eggless. Made primarily with chickpeas, these brownies are packed with protein and fiber, making them a guilt-free treat. They are perfect for those who are looking for an alternative to conventional desserts or for anyone with dietary restrictions.

Detailed Ingredients with Measures

Chickpeas – 1 can (15 oz), drained and rinsed

Peanut butter – 1/2 cup

Maple syrup – 1/3 cup

Cocoa powder – 1/4 cup

Baking powder – 1/2 tsp

Salt – 1/4 tsp

Vanilla extract – 1 tsp

Chocolate chips – 1/3 cup (optional)

Prep Time

The preparation time for these chickpea brownies is approximately 10 minutes.

Cook Time, Total Time, Yield

Cook Time: 20-25 minutes

Total Time: 30-35 minutes

Yield: About 16 brownies



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Detailed Directions and Instructions

Step 1: Preheat the Oven

Preheat your oven to 180°C (350°F) and prepare a baking pan by lining it with parchment paper.

Step 2: Prepare Chickpeas

Rinse and drain the canned chickpeas thoroughly, ensuring there is no excess liquid.

Step 3: Blend the Ingredients

In a food processor, combine the chickpeas, nut butter, maple syrup, vanilla extract, cocoa powder, baking powder, and salt. Blend until completely smooth and well combined.

Step 4: Add Chocolate Chips

Gently fold in the chocolate chips into the batter. Ensure they are evenly distributed throughout the mixture.

Step 5: Transfer the Batter

Pour the brownie batter into the prepared baking pan, spreading it evenly with a spatula.

Step 6: Bake the Brownies

Bake in the preheated oven for approximately 25-30 minutes, or until a toothpick inserted into the center comes out clean.

See also [Fruit-Based Dessert Parfait](#)

Step 7: Cool and Serve

Once baked, allow the brownies to cool in the pan for about 10 minutes before transferring them to a wire rack to cool completely. Cut into squares and serve.

Notes**Storage**

Store the brownies in an airtight container at room temperature for up to 3 days or in the refrigerator for up to a week.

Serving Suggestions

These brownies are delicious on their own but can also be served with a dollop of yogurt or a scoop of ice cream for an indulgent treat.

Substitutions

You can substitute the nut butter with sunflower seed butter for a nut-free version of the brownies. Maple syrup can also be replaced with agave syrup or honey if preferred.



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Cook techniques

Using Chickpeas

Chickpeas are the star of this recipe, providing a unique texture and moisture. For best results, use cooked chickpeas, either canned or boiled from dry.

Blending Ingredients

To achieve a smooth batter, blend the chickpeas thoroughly with the other ingredients. A high-speed blender or food processor works best for eliminating lumps.

Sweetening Naturally

This recipe uses natural sweeteners like maple syrup or honey. Adjust the sweetness according to your preference, keeping in mind that the flavor will deepen as they bake.

Baking at the Right Temperature

Bake the brownies at the specified temperature to ensure they cook through without becoming dry. Keep an eye on them to avoid overbaking.

Testing for Doneness

Use a toothpick to check if the brownies are done. It should come out with a few moist crumbs, indicating they are cooked but still fudgy.

See also Milk Cake

FAQ

Can I use other beans instead of chickpeas?

Yes, you can experiment with other beans, but the texture and flavor may vary. Black beans or white beans are good alternatives.

Are these brownies gluten-free?

Yes, since they are made with chickpeas, they are naturally gluten-free, making them suitable for those with gluten intolerance.

How can I make my brownies sweeter?

You can add more natural sweeteners like maple syrup or coconut sugar to your batter, adjusting to your taste preference.

How should I store leftover brownies?

Store them in an airtight container at room temperature for a few days or in the refrigerator for up to a week. They can also be frozen for longer storage.

Can I add chocolate chips?

Absolutely! You can fold in some dark or dairy-free chocolate chips into the batter for added richness and flavor.



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Conclusion

These chickpea brownies not only satisfy your sweet tooth but also pack a nutritional punch, making them a guilt-free treat. Their rich and fudgy texture proves that healthy desserts can be indulgent and delicious. Whether you are vegan, gluten-free, or simply looking for a healthier dessert option, these brownies are perfect for everyone.

More recipes suggestions and combination

Chickpea Blondies

Try making chickpea blondies as a variation by using the same base ingredients but adding white chocolate chips or a nut butter swirl for a different flavor profile.

Nut Butter Swirl Brownies

Enhance your brownies by adding a swirl of almond or peanut butter before baking to create a delightful marbled effect that adds extra creaminess.

Healthy Chocolate Chip Cookies

Use chickpeas to create healthy chocolate chip cookies that are soft, chewy, and a great source of protein while still tasting delicious.

See also [Quickest Red Velvet Cake \(Eggless and No Oven\)](#)

Avocado Brownies

Mix in mashed avocado for a creamy texture and added healthy fats while maintaining that rich chocolate flavor.

Protein-Packed Energy Bites

Transform your brownie mixture into protein-packed energy bites by rolling spoonfuls of the batter into balls and chilling them for a quick, healthy snack.

Fudgy Vegan Cupcakes

Use the brownie batter to make fudgy vegan cupcakes topped with a simple plant-based frosting for a delightful twist on traditional cupcakes.



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