

Black Bean Chocolate Pudding

Ingredients

- 1 tin (400g) black beans (230g drained)
- 1 tin (400g) coconut milk
- 1/3 cup (30g) cacao powder
- 8 med (150g) medjool dates
- 1/2 tsp vanilla powder



Method

1. Drain and rinse black beans.
2. Put all ingredients into blender jug.
3. Blend on high speed until smooth.
4. Spoon into serving dishes, cover and refrigerate overnight until firm.

Makes

810g (4 serves)

Equipment

Blender

Time

- Before: -
- During: 5 mins
- After: 8 hours (to firm up)

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Recipe Prep Checklist

Ingredients

- 1 x 400g tin of black beans, drained and rinsed
- 1 x 400g tin of coconut milk, shaken
- 1/3 cup raw cacao powder
- 8 medium medjool dates, pitted (about 2/3 cup)
- 1/2 tsp vanilla bean powder (or a vanilla bean or 1 tsp vanilla extract)

Equipment

- High speed blender, with jug and tamper
- Kitchen scales (optional, to weight out ingredients)
- Can opener (if required)
- Colander (for draining and rinsing beans)
- 1/3 cup measure
- 1/2 teaspoon measure
- Spatula (for getting pudding out of jug)
- Medium-sized bowl (for pouring pudding into)
- Spoon
- Serving dishes x4

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Tips

- I used canned black beans because they're faster and more convenient. But you could also buy dried black beans and cook them yourself if you want, which would make the recipe even more cost-effective. Just make sure to leave the salt out of the cooking process.
- If you're going to buy tinned black beans, make sure the tins are BPA-free, so you don't get any nasty plastic compounds in your beans from the tin lining.
- Make sure you rinse the black beans thoroughly with fresh water before using them, to remove any salt that might have been used in their preparation and any excess starch that might have soaked out into the water.
- I think the black beans work so well in desserts because they're quite soft and have a mild flavour. I've never tried using a different kind of bean for this recipe, but let me know how it goes if you decide to give a different bean a try.
- I used canned coconut milk for this recipe because it's quick and easy. Coconut milk in a UHT container is not suitable because it's too thin to make this pudding work.
- You could definitely replace the coconut milk with the coconut water and coconut meat from a fresh coconut. That would make this dish even more nutritious and less processed. Just add enough water and flesh to make about 400g-worth (around 1.5 cups).
- Make sure that the coconut milk you use has sufficient fat left in it. If the fat content is too low, the pudding won't turn out very firm.
- I love using raw cacao powder in my recipes because it has more of the nutrients left in it, so it's better for you.
- If you don't have cacao powder, you can use regular cocoa powder. Just make sure to use the unsweetened variety.
- I love using medjool dates to sweeten my dessert recipes because they're as wholefood as you can get when it comes to sweeteners. Medjool dates are big, sticky, sweet dates that add a rich sweetness to this recipe, along with fibre and creaminess.

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Tips (cont.)

- If you're using regular dates, you'll need to soak them in water for a couple of hours first. Drain them, but keep the soak water to use in smoothies and other recipes, for an extra date-y taste.
- If you don't want to use dates in this recipes, you could try other dried fruit, like currants, raisins, figs or prunes, although I haven't tried doing this myself.
- You could also use other liquid natural sweeteners, like coconut nectar, agave nectar or maple syrup, but the pudding probably won't set as well.
- The vanilla bean powder is just dried vanilla beans ground up into a powder. You can make your own or you can buy it from your local health food shop.
- If you don't have access to any vanilla bean powder, you can scrape out a fresh vanilla bean into the mix, or add a teaspoon of vanilla extract.
- My high-speed blender does a great job of turning the beans and dates into a super-smooth and creamy chocolate pudding. If you don't have a high speed blender, just blend or process it for as long as you can, without the mix getting too hot, and you should be fine. You can also try refrigerating the ingredients for a few hours beforehand to give you maximum blending time before the pudding overheats.

Variations

- If you want to get creative with this black bean chocolate pudding, you could put it into popsicle moulds and make it into black bean chocolate ice pops. Trust me, they're delicious!
- You could top this pudding with chopped nuts, fresh berries or even some natural coconut sprinkles.
- This chocolate pudding is also a fantastic accompaniment to other desserts, like my raw walnut & macadamia cake, my coconut vanilla ice cream or a big bowl of fruit salad.