

PULSE SWEETS

BLACK BEAN FUDGE BALLS from Marg Wiebe



They're simple to make and you can enjoy them year round, as well as during the holidays.

1 tbsp. vanilla extract

5-6 drops of liquid Stevia (Herbal sweetener)

1/2 cup coconut oil

1 cup pitted dates (Medjool dates work best)

1/2 cup cooked black beans

1/4 cup cocoa

1/2 tsp. salt

- 1. Combine all ingredients in a food processor. OR just mix well in a bowl with a wooden spoon. The medjool dates easily mush.*
- 2. Roll into small balls, in coconut or ground nuts if desired.*
- 3. Refrigerate to set.*

Can be frozen for future use as well.

Makes about 18 to 20 balls.

Optional Chocolate Coating:

- 1. Carefully melt chocolate chips with a tiny bit of oil to make a sauce*
- 2. OR combine equal parts pure maple syrup, cocoa powder, and virgin coconut oil to form a thin sauce (about 2 tbsp of each).*
- 3. If the sauce is too thick, very gently heat until it thins out.*
- 4. Line a plate with parchment, dip chilled balls into the chocolate.*
- 5. Place on parchment and immediately return to refrigerator to allow the coating to set.*

SPICED PINTO BEAN CAKE WITH FRUITS AND NUTS from Fred Lautenschlaeger



Don't expect a "bean dish" from this recipe. This is a tasty spice cake that happens to replace part of the flour with a healthier flour substitute...BEANS!

2 cups cooked pinto beans
1 egg beaten
¼ cup unsalted butter, melted
1 cup all-purpose flour
1 tsp baking soda
¼ tsp salt
1 tsp. cinnamon
1 tsp allspice
½ tsp. ground cloves
2 cups chopped apples
½ cup chopped walnuts
1 cup raisins or currants
2 tsp. vanilla extract
Confectioners' sugar
8 walnut halves

1. Preheat oven to 375 degrees F.
2. Generously butter a 10 "tube pan.
3. In a food processor, puree the beans, egg and melted butter.
3. Add the flour, baking soda, salt, and spices. Blend dry ingredients into bean mixture with several on and off motions until well combined.
4. Scrape the batter into a mixing bowl and add apples, chopped walnuts, raisins and vanilla.
5. Stir until well blended.
6. Pour into tube pan and bake in centre of the oven for 45 minutes to 1 hour.
7. Turn out onto wire rack to cool. Dust with confectioners' sugar and decorate with walnut halves.