

BEAN CHOCO SPREAD

A creamy and delicious spread for chocolate lovers, packed with protein and fibre for a healthy twist on chocolate spread.

Ingredients

- 1 can Adzuki beans
- 1 Banana
- 4 tbsp Honey or Agave syrup
- 70gr Chocolate

Method

1. Roughly chop the chocolate
2. Melt the chocolate in a "bain-marie" or directly in a microwave
3. Drain the beans and blend them with honey
4. Add the banana to the beans and blend it together
5. Gently add the melted chocolate and mix.
6. Your yummy spread is ready! Spread it on a piece of bread or serve as a mouse in small cups topping with fresh fruits, nuts, mint leaves, cream or yoghurt.

