

SWEET TREATS



Edgell[®]

VEG WITH THE EDGE

SWEET TREATS

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VEG WITH THE **EDGE**

BROWNIES

Our favourite brownie recipe, incredibly moist and hiding a healthy twist.

PREP 20mins
COOK TIME 25mins
MAKES 24



INGREDIENTS

200g butter, chopped
200g dark chocolate, chopped
1 cup brown sugar
3 eggs, lightly beaten
1 teaspoon vanilla extract
400g can **Edgell Black Beans**, rinsed and drained well
¼ cup plain flour
2 tablespoons cocoa
½ cup pistachio nuts
Icing sugar, for serving

PREPARATION

1. Melt butter and chocolate in a large bowl in the microwave on Medium setting for 2 minutes. Add sugar and stir well to dissolve any lumps of sugar. Add eggs and vanilla.
2. Puree Edgell Black Beans. Add to chocolate mixture and beat well.
3. Sift flour and cocoa and stir into chocolate mixture with half the pistachio nuts. Pour mixture into a greased and lined 18cmx28cm slice pan. Sprinkle with remaining pistachio nuts.
4. Bake in a preheated oven at 190°C for 23-25 minutes.
5. Remove from oven and allow to cool completely in pan. Dust with icing sugar for serving.



TIP: When using Edgell legumes in baked goods there is no need to add salt.

BLONDIES

PREP 15mins
COOK TIME 50mins
MAKES 16

The creamy texture of Edgell Cannellini Beans adds moisture & smoothness to these blondies.



INGREDIENTS

400g can **Edgell Cannellini Beans or Butter Beans**,
drained
125g butter, melted
¾ cup light brown sugar
1 egg, beaten
1 teaspoon vanilla extract
1 cup plain flour
½ teaspoon baking powder
½ cup white chocolate dots
Icing sugar for dusting

METHOD

1. Puree Edgell Cannellini Beans.
2. In a large bowl beat butter and sugar until creamy. Add pureed beans, eggs and vanilla, mix well.
3. Sift together plain flour and baking powder, add to bean mixture. Fold in the chocolate dots and mix well.
4. Pour into a baking paper lined 18cm x 28cm slice pan. Bake in a preheated oven at 160°C for 50 minutes.
5. When cooked, allow to cool in pan before cutting into 16 squares. Serve dusted with icing sugar.



TIP: If the choc chips are starting to burn on the surface during cooking, cover loosely with foil.

BLISS BALLS

PREP 20mins
COOK TIME 0mins
MAKES 20

One bite of these raw treats and you'll be in bliss.



INGREDIENTS

2 cups pitted Medjool dates
¾ cup raw cashews
¼ cup nut butter
125g can **Edgell Chick Peas**, drained
⅓ cup shredded coconut
2 tablespoons cocoa powder
White chia seeds, crushed pistachios, LSA mix or
toasted coconut, for coating

METHOD

1. Place dates, cashews, nut butter, Edgell Chick Peas, coconut and cocoa in a food processor. Pulse until smooth.
2. Using a tablespoon measure or small ice cream scoop, shape and roll mixture into balls. Roll balls in your choice of coating and refrigerate for 30 minutes.



TIP: Peanut, almond, hazelnut or any nut butter of choice may be used. No need to rinse the chick peas as that adds the touch of salt needed in sweet dishes to balance the flavours

LEMON SLICE

PREP 15mins
COOK TIME 0mins
MAKES 24

They'll never know there is a veggie inside!



INGREDIENTS

½ cup sweetened condensed milk
125g unsalted butter
250g packet milk arrowroot biscuits, finely crushed
Finely grated zest of one lemon
1 tablespoon fresh lemon juice
1 cup desiccated coconut
2 x 125g can **Edgell Chick Peas**, drained and lightly crushed

Icing:

2½ cups icing sugar mixture (or more, depending on desired thickness)
2 tablespoons fresh lemon juice
30g unsalted butter, melted
2 tablespoons desiccated coconut, extra

METHOD

1. Line the base and sides of an 18cm x 28cm slice pan with baking paper, extending paper over long sides.
2. Combine condensed milk and butter in a microwave safe bowl. Heat for 2 minutes or until butter has melted. Stir in lemon zest and juice. Add crushed biscuits, coconut and crushed Edgell Chick Peas.
3. Press mixture firmly into pan and refrigerate, covered, for 20 minutes or until set.
4. Meanwhile, make lemon icing by stirring icing sugar, lemon juice and butter in small bowl until smooth.
5. Spread mixture over slice. Sprinkle with extra coconut and refrigerate until firm before cutting into 24 squares.



TIP: It's amazing what you can add Edgell legumes to for that added vegetable hit, and best of all - most people will never notice!

RICH CHOCOLATE BEETROOT CAKE

PREP 25mins
COOK TIME 50mins
SERVES 12

The secret ingredient keeps this cake amazingly moist.



INGREDIENTS

100g dark cooking chocolate, melted
⅔ cup vegetable oil
3 eggs, lightly beaten
425g can **Edgell Beetroot**, drained and pureed
1 teaspoon vanilla essence
1¼ cups plain flour
2 teaspoons baking powder
1 teaspoon bicarbonate of soda
⅓ cup cocoa powder
1 cup caster sugar

Frosting:

250ml cream
250g dark chocolate, broken into pieces

METHOD

1. Melt chocolate in a large glass bowl in a microwave oven on 50% power for 2 minutes. Stir until smooth.
2. Add oil, eggs, pureed Edgell Beetroot and vanilla essence.
3. Sift together flour, baking powder, bicarbonate soda and cocoa powder, add to bowl together with the sugar. Gently stir to combine.
4. Pour mixture into a greased and base lined 22cm spring form or round cake pan. Bake in a preheated oven at 170°C for approximately 45-50 minutes or until the cake is firm to touch and skewer inserted in cake comes out cleanly.
5. Allow to cool for 10 minutes before removing from pan. Allow to cool completely before icing.
6. For the frosting, heat cream in saucepan until it almost comes to the boil. Take off heat, add chocolate and stir until completely melted. Cool until spreadable



TIP: Store in an airtight container in a cool place, no need to refrigerate. See page 12 to turn this into a dessert!

BANANA BREAD

PREP 20mins
COOK TIME 60mins
MAKES 1 loaf

An Australian favourite made even better with creamy, nutty chick peas.



INGREDIENTS

2 large ripe bananas (1 cup mashed banana)
¾ cup brown sugar
100g butter, melted
2 eggs, beaten
400g can **Edgell Chick Peas**, drained
1⅓ cups plain flour
½ teaspoon mixed spice
1½ teaspoons baking powder
50g pecan nut halves, chopped for decoration
Mascarpone and honey, for serving

METHOD

1. Mash bananas in a large bowl, add brown sugar, melted butter and eggs. Stir until combined.
2. Lightly mash Edgell Chick Peas and stir into banana mixture.
3. Sift together flour, mixed spice and baking powder, add to banana mixture and stir well.
4. Spoon mixture into a baking paper lined 22cm loaf pan. Decorate with pecan nuts. Bake in a preheated oven at 180°C for 1 hour or until cooked.
5. Serve warm with mascarpone and drizzle with honey.



TIP: As a serving suggestion, cut bread into slices and spread with butter, cook in non-stick pan or sandwich press until golden brown.

CARROT & DATE MUFFINS

A delicious treat. Store individually wrapped in the freezer for when the munchies hit!

PREP 15mins
COOK TIME 25mins
MAKES 12-15



INGREDIENTS

250g frozen carrots
400g can **Edgell Chick Peas**, drained
3 cups self raising flour
1 teaspoon baking powder
1 teaspoon mixed spice
1½ cups brown sugar
1 cup fresh dates, pitted and chopped
100g butter, melted
1 egg, beaten
1½ cups milk
Icing sugar for dusting

METHOD

1. Partially thaw frozen carrots to room temperature (approx. 15 minutes). Place into a food processor together with Edgell Chick Peas and process until finely chopped.
2. Sift flour, baking powder and mixed spice into a large bowl. Stir in brown sugar, chopped carrot and dates.
3. Make a well in the centre of the dry ingredients, add melted butter, egg and milk, stirring to combine thoroughly.
4. Spoon mixture into a ⅓ cup capacity paper lined muffin pan and bake in a preheated oven at 190°C for 25 minutes.
5. Allow to cool on a wire rack before dusting with icing sugar or piping with butter cream frosting.



TIP: Beat 250g cream cheese with 125g soft butter until smooth. Add 2 cups icing sugar, beat until light and fluffy. Pipe onto cooled muffins.

RED VELVET CUPCAKE

PREP 20mins
COOK TIME 20mins
MAKES 24

Make red velvet cakes without any food colouring!



INGREDIENTS

425g can **Edgell Sliced Beetroot**
½ cup butter, softened
2 eggs
1½ cups sugar
2½ cups plain flour
1 teaspoon salt
1½ tablespoons cocoa powder
1 teaspoon baking soda
1 cup buttermilk

METHOD

1. Drain Edgell Beetroot reserving the liquid. Bring the liquid to the boil in a small saucepan and reduce by half. Allow to cool. Puree the beetroot slices until smooth.
2. Using an electric mixer, whisk together butter, eggs, sugar and reduced beetroot juice.
3. With mixing on low, alternate adding sifted dry ingredients with combined beetroot puree and buttermilk, until all combined and smooth.
4. Spoon into 24 lined cupcake pans to ¾ fill each with the batter.
5. Bake in a preheated oven at 180°C. for 20-25 minutes or until a toothpick inserted in the centre comes out clean.



TIP: Refrigerate cupcakes for at least an hour before frosting. Make sure frosting is at room temperature before using.

DECADENT CHOCOLATE TART

An incredibly indulgent, silky and smooth chocolate tart.

PREP 20mins
COOK TIME 20mins
SERVES 12



INGREDIENTS

50g Marie biscuits
50g roasted and skinless hazelnuts
400g can **Edgell Chick Peas**, drained
100g butter, melted
2 cups thickened cream
¼ teaspoon ground cardamom
⅓ cup caster sugar
400g dark cooking chocolate

METHOD

1. Place biscuits, hazelnuts and Edgell Chick Peas in a food processor, pulse to resemble breadcrumbs.
2. Add melted butter to crumb mixture and combine. Press mixture firmly and evenly over the base and sides of a 25cm shallow flan tin.
3. Bake in a preheated oven at 200°C for 15 minutes. Remove from oven and cool.
4. Bring cream, cardamom and sugar to the boil in a saucepan. Remove from heat and stir in chocolate, continue to stir until chocolate is melted. Pour into flan tin, leave to cool at room temperature.
5. When ready to serve, remove from flan tin and place on a serving plate. Cut into thin slices using a hot knife.



TIP: Use good quality dark cooking chocolate. Allowing tart to cool at room temperature prevents the chocolate from going dull.

HOT CHOCOLATE CAKE WITH ORANGE CARAMEL SAUCE

PREP 25mins
COOK TIME 50mins
SERVES 12

Who can resist warm chocolate cake? Add hot caramel sauce and you've got dessert!



INGREDIENTS

425g can **Edgell Sliced Beetroot**, drained
3 eggs
1½ cups caster sugar
1 cup vegetable oil
100g chocolate, melted and cooled
1¾ cups plain flour
⅓ cup cocoa
1½ teaspoons bicarbonate soda

Orange Caramel Sauce:

80g butter
½ cup brown sugar
1 cup cream
1 teaspoon orange rind
1 tablespoon orange juice



METHOD

1. Finely chop Edgell Sliced Beetroot in a food processor.
2. In a medium bowl beat together eggs and caster sugar until light and creamy. Gradually beat in oil until well combined.
3. Stir in cooled melted chocolate and finely chopped beetroot. In a separate bowl, sift together plain flour, cocoa and bicarbonate soda and stir into chocolate beetroot mixture.
4. Pour mixture into a greased and floured 25cm spring form tin and bake in a preheated oven at 180°C for 45-50 minutes. Cool cake slightly before removing from tin.
5. Meanwhile, place sauce ingredients in a small saucepan. Stir over medium heat until all ingredients are melted and combined. Set aside to cool for 20 minutes.
6. To serve - place a slice of cake onto each serving plate, drizzle with orange caramel sauce and top with a scoop of vanilla ice cream if desired.

TIP: If not using all the cake as a dessert, store remaining in an airtight container for a treat with a cuppa

MERINGUE NESTS

PREP 20mins
COOK TIME 120mins
Plus cooling time
MAKES 24

Egg free meringues, and no one can tell the difference!



INGREDIENTS

400g can **Edgell Chick Peas**, liquid only
1 cup caster sugar
1 tablespoon cornflour
1 teaspoon vinegar
1 teaspoon vanilla essence
500ml thickened cream, whipped
Fresh raspberries, for serving
Baby mint leaves, for garnish

Chick Pea brine is also known as Aquafaba. It has the amazing qualities to resemble egg whites in meringues and pavlova making the perfect substitute for vegans, those with an egg allergy or people who dislike wasting egg yolks!



METHOD

1. Drain Edgell Chick Peas reserving the liquid. Place liquid in a large bowl and chill very well.
2. Beat chick pea liquid until stiff peaks form. Combine sugar and corn flour, gradually add a tablespoon at a time beating well between each addition, until dissolved. Add vinegar and vanilla and continue beating until stiff and glossy.
3. Pipe mixture onto baking paper lined oven trays or onto small pieces of edible rice paper, to form 6cm nests hollowing the centre slightly.
4. Cook in a preheated oven at 110°C for 1½ - 2 hours. Turn oven off and allow meringues to cool completely in the oven.
5. Once completely cold and when ready to serve dollop on cream and top with raspberries. Serve immediately.

TIP: Chick pea liquid must be well chilled for this recipe to work. Substitute cream with coconut yoghurt for vegans.

PAYLOVA

A vegan pavlova! Edgell Chick Pea liquid miraculously replaces egg whites.

PREP 15mins
COOK TIME 120mins
Plus cooling time
MAKES 1



INGREDIENTS

- 400g can **Edgell Chick Peas**, well chilled
- 1 cup caster sugar
- 1 tablespoon cornflour
- 1 teaspoon vinegar
- 1 teaspoon vanilla essence
- 500ml thickened cream, whipped or coconut yoghurt (for those wanting a complete vegan recipe)
- Fresh fruit of choice, for serving

METHOD

1. Mark a 20cm circle on baking paper and place on a baking tray. Pavlova will expand to slightly larger than this during cooking. (Rice paper is even better if available.) Preheat in an oven to 150°C.
2. Whip chilled Edgell Chick Pea liquid until stiff peaks form. Combine sugar and corn flour, gradually add a tablespoon at a time beating well between each addition, until dissolved. Add vinegar and vanilla and continue beating until stiff and glossy.
3. Using a spatula, spread and shape mixture on the outlined circle, hollowing the centre slightly.
4. Place in oven and immediately turn down to 110°C. Cook for 2 hours. Turn oven off and allow pavlova to cool in the oven for 30 minutes.
5. Once pavlova is completely cold, place on a serving platter or cake stand and spread with cream. Top with fruit of choice. Serve immediately.



TIP: Chick Pea liquid must be well chilled for this recipe to work. Whenever using chick peas, reserve the liquid and freeze ready to make a pav when required.