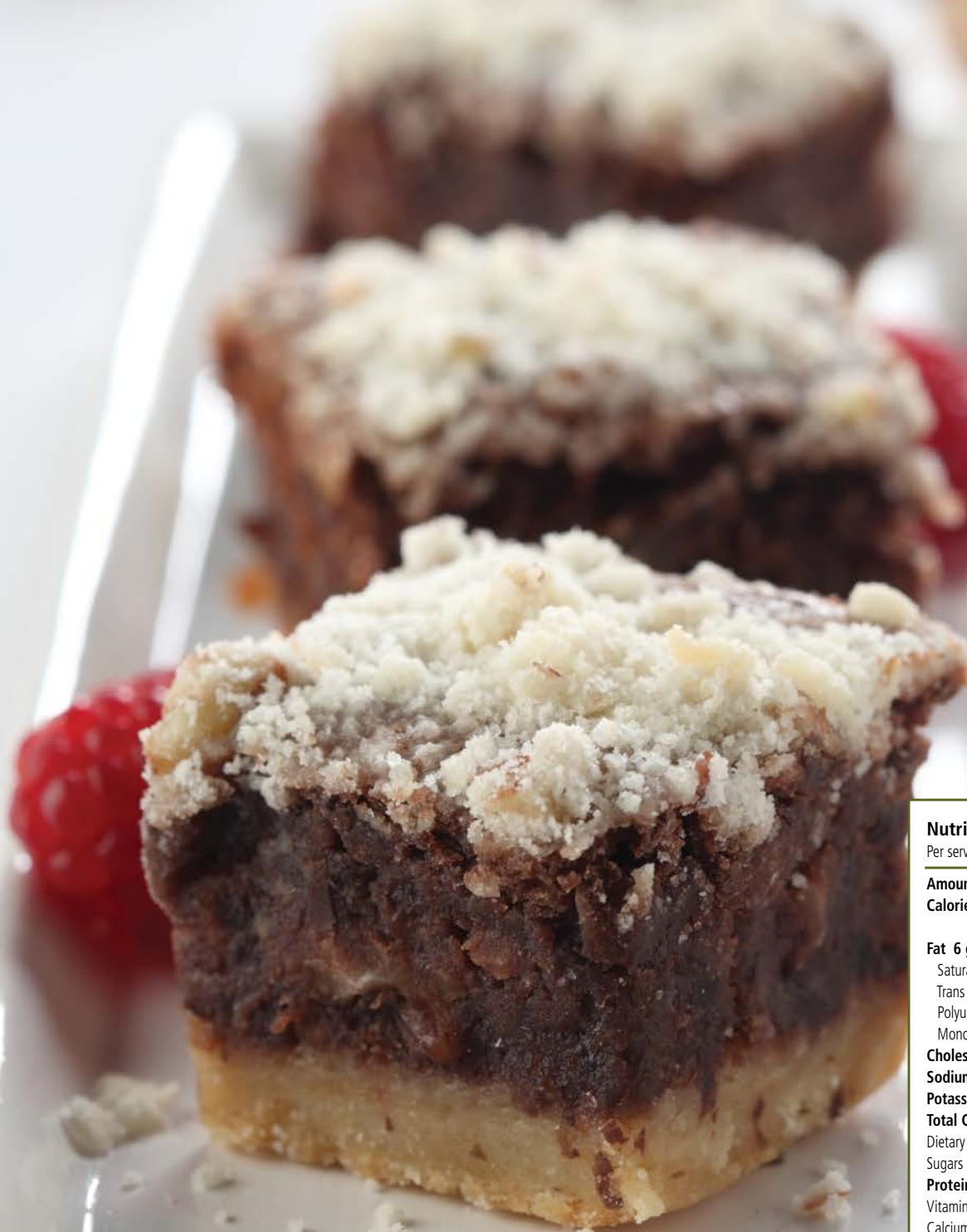


Chocolate Black Bean Square



Nutrition Facts

Per serving (2" x 2" square)

Amount Per Serving

Calories 175 Calories from Fat 51
% Daily Value

Fat 6 g **9%**

Saturated Fat 1 g 4%

Trans Fat 0 g

Polyunsaturated Fat 2 g

Monounsaturated Fat 1 g

Cholesterol 21 g **7%**

Sodium 134 mg **6%**

Potassium 49 mg **1%**

Total Carbohydrate 28 g **9%**

Dietary Fibre 2 g 8%

Sugars 17 g

Protein 3 g

Vitamin A 1% Vitamin C 0%

Calcium 1% Iron 6%

Thiamin 6% Riboflavin 5%

Niacin 3% Vitamin B6 1%

Folate 5% Vitamin B12 1%

Phosphorous 4% Zinc 2%



Chocolate Black Bean Square



STEP INSTRUCTIONS

- 1** Combine margarine with flour and sugar and mix until crumbly (with even size lumps).
Press into sprayed full size shallow insert.
- 2** Cream margarine with sugar in mixer using paddle attachment.
Add eggs and syrup and mix well.
Blend in puréed black beans, cocoa powder, salt, vanilla and chopped pecans.
Mix until smooth, pour over base.
- 3** Combine margarine with flour, sugar, and chopped pecans and mix until crumbly (with even size lumps).
Sprinkle evenly over middle layer.
Bake at 350°F for 30 minutes or just until firm.
- 4** Cut each insert into 10 x 6 pieces (2" x 2" squares).

NOTES:

Substitution of whole eggs with shell for liquid eggs may occur.

For puréed pulses: rinse and drain. Add approximately 1/4 cup water to every cooked cup of pulses. Purée until the texture of canned pumpkin is achieved. Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	120	240	480
1	Margarine, Non Hydrogenated	1 ¼ cups (250 g)	600 g	1.2 kg	2.4 kg
	All Purpose Flour	4 cups (295 g)	950 g	1.9 kg	3.8 kg
	Granulated Sugar	1/4 cup (45 g)	110 g	225 g	450 g
2	Margarine, Non Hydrogenated	½ cup (133 g)	320 g	640 g	1.3 kg
	Granulated Sugar	4 ½ cups (750 g)	1.8 kg	3.6 kg	7.3 kg
	Liquid Egg	1 ¼ cups (250 g)	600 g	1.2 kg	2.4 kg
	Syrup Golden	¼ cup (50 g)	120 g	240 g	480 g
	Puréed Black Beans	6 cups (833 g)	2 kg	4 kg	8 kg
	Cocoa Powder	¾ cup (73 g)	175 g	350 g	700 g
	Salt	1/2 tsp (3 g)	8 g	16 g	32 g
	Vanilla Extract	1 tbsp (20 mL)	40 mL	80 mL	160 mL
	Pecan Halves, Chopped	¾ cup (200mL)	190 g	384 g	770 g
3	Margarine, Non Hydrogenated	⅓ cup (63 g)	150 g	300 g	600 g
	All Purpose Flour	1 cup (100 g)	240 g	480 g	960 g
	Granulated Sugar	1 tbsp (13 g)	30 g	60 g	110 g
	Pecan Halves, Chopped	3 tbsp (20 g)	50 g	100 g	200 g
	Cooking Oil Spray				

Pulse Canada