



AUSTRALIA'S FAVOURITE **Sweet Treats**





Slices & Cookies

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Brownies

This might just be our favourite brownie recipe yet - it's moist, sweet and nutty thanks to the Edgell Black Beans.

PREP 20 mins

COOK TIME 25 mins

MAKES 24



INGREDIENTS

- | | |
|--|--------------------------|
| 200g butter, chopped | ¾ cup plain flour |
| 200g dark chocolate, chopped | 2 tablespoons cocoa |
| 1 cup brown sugar | ½ cup pistachio nuts |
| 3 eggs, lightly beaten | Icing sugar, for serving |
| 1 teaspoon vanilla extract | |
| 400g can Edgell Black Beans , rinsed and drained well | |

METHOD

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.

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



Blondies

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

PREP 15 mins

COOK TIME 50 mins

MAKES 16



INGREDIENTS

400g can **Edgell Cannellini Beans or Butter Beans**, drained
125g butter, melted
 $\frac{3}{4}$ cup light brown sugar
1 egg, beaten
1 teaspoon vanilla extract
1 cup plain flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ 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.

- Store the 'Blondies' in an airtight container in the refrigerator.
- If the choc chips are starting to burn on the surface during cooking, cover loosely with foil.



Rich Chocolate Beetroot Cake

PREP 25 mins

COOK TIME 50 mins

SERVES 12

The secret ingredient keeps this cake moist, even the kids won't believe there's a vegetable hidden inside!



INGREDIENTS

100g dark cooking chocolate, melted
 $\frac{2}{3}$ cup vegetable oil
3 eggs, lightly beaten
425g can **Edgell Beetroot**, drained and pureed
1 teaspoon vanilla essence
 $1\frac{3}{4}$ cups plain flour
2 teaspoons baking powder

1 teaspoon bicarbonate of soda
 $\frac{1}{3}$ 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.

Store in an airtight container in a cool place, no need to refrigerate. See page 16 to turn this into a dessert!



Oat and Pistachio Cookies

Delicious and crunchy thanks to the oats, nuts and added Edgell Chick Peas - you'll be hooked.

PREP 20 mins

COOK TIME 12 mins

MAKES 20



INGREDIENTS

- ½ cup self raising flour
- ½ cup instant oats
- ½ cup desiccated coconut
- ½ cup ground pistachios
- 1 teaspoon ground cinnamon
- 100g pouch **Edgell Chick Peas**
- ¼ cup maple syrup (warmed)
- ¼ cup sunflower oil
- 1 large egg, lightly beaten

METHOD

1. In a large bowl combine flour, oats, coconut, pistachios and cinnamon.
2. Finely chop Edgell Chick Peas and add to dry ingredients.
3. Add maple syrup, oil and egg to flour mixture and mix well.
4. Roll tablespoons of mixture into balls, place on baking paper lined oven trays. Gently press with a fork to slightly flatten each.
5. Bake in a preheated oven at 180°C for 12-15 minutes.

- Store in an airtight container.
- Edgell no-drain pouches are perfect for baked goods!



Bliss Balls

One glorious bite into these raw goodies is undeniably blissful for your tastebuds.

PREP 20 mins

NO COOKING REQUIRED

MAKES 20



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.

- 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



Red Velvet Cup Cakes

Edgell has made red velvet cakes without any food colouring!

PREP 20 mins

COOK TIME 10 mins

SERVES 24



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.
6. Cool in pan for 10 minutes before removing and allowing to cool completely on a wire rack. Decorate with your favourite chocolate frosting.

- Refrigerate cupcakes for at least an hour before frosting.
- Make sure frosting is at room temperature before using, too.



Banana Bread

Perfect for breakfast, lunch and dinner and everything in between!

PREP 20 mins

COOK TIME 60 mins

MAKES 1 loaf



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
- 1⅔ 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.

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 perfect little treat to store individually wrapped in the freezer for when the munchies hit!

PREP 15 mins

COOK TIME 25 mins

MAKES 12-15



INGREDIENTS

½ x 500g packet frozen Birds Eye
Julienne 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.

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

- Reserve Chick Pea brine and freeze to make meringues or pavlova (see page.....)
- Freeze them un-iced and microwave for 20 seconds for that perfect little treat packed with vegetables.



Coconut Ice

These little sneaky snacks make delightful gifts for someone with a sweet tooth.

PREP 20 mins

NO COOKING REQUIRED

MAKES 24



INGREDIENTS

- ½ cup **Edgell Instant Mash**
- ½ cup boiling water
- 3 cups desiccated coconut
- 3 cups pure icing sugar, sifted
- 150g copha, melted
- 2-3 drops pink food colouring

METHOD

1. Line the base of a 20-20cm square pan with baking paper. Combine Edgell Instant Mash and boiling water in bowl, stirring until smooth.
2. In a separate bowl, combine coconut and icing sugar. Add prepared Edgell Instant Mash, copha and stir until combined. Spread half the mixture over the base of prepared pan.
3. Colour remaining mixture pale pink and spread over white layer. Cover and refrigerate until set. Cut into 2.5cm pieces. Store coconut ice in an airtight container in the refrigerator.

- It is important to always melt copha over a low to medium heat.
- Allow the slice to sit at room temperature for a while before slicing.



Meringue Nests

PREP 20 mins

COOK TIME 120 mins

EXTRA TIME – cooling time

MAKES 24

Who would have thought you could make egg free meringues and no one could 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 or
Fresh raspberries, for serving
Baby mint leaves, for garnish

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 ever so 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.

Chick Pea brine is also known as **Acquafaba**. 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 just hate wasting egg yolks!

Chick pea liquid must be **well chilled** for this recipe to work.

Substitute cream with coconut yoghurt for those wanting a complete vegan recipe.

Lemon Slice

PREP 20 mins

NO COOKING REQUIRED

MAKES 24

The lucky recipient of this slice will be so swept up in the deliciousness they'll never even know there's 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
100g pouch **Edgell Chick Peas**, 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 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.

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



Decadent Chocolate Tart

PREP 20 mins

COOK TIME 20 mins

SERVES 12

Chick peas in a chocolate tart? Sounds crazy, but the only thing that's crazy is how incredibly indulgent this silky smooth delight is.



INGREDIENTS

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

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
5. When ready to serve, remove from flan tin and place on a serving plate. Cut into thin slices using a hot knife.

heat and stir in chocolate, continue to stir until chocolate is melted. Pour into flan tin, leave to cool at room temperature.

- Use good quality dark cooking chocolate.
- Allowing tart to cool at room temperature prevent the chocolate from going dull.



Pavlova

A vegan pavlova? Sure can with Edgell Chick Pea liquid! Just swap the cream for coconut yoghurt.

PREP 5 mins

COOK TIME 120 mins

EXTRA TIME – cooling in oven

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 ever so 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.

- Chick Pea Liquid must be **well chilled** for this recipe to work.
- When ever using chick peas, reserve the liquid and freeze ready to make a pav when required.



Hot Chocolate Cake with Orange Caramel Sauce

PREP 25 mins

COOK TIME 50 mins

SERVES 12

Who can't resist warm chocolate cake? Add a warm caramel sauce and you have a dessert!



INGREDIENTS

- 1 qty Rich Chocolate Beetroot Cake mixture (Page 5)
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{2}$ cup caster sugar
- 80g butter
- $\frac{1}{2}$ cup brown sugar
- 1 cup cream
- 1 teaspoon orange zest
- 1 tablespoon orange juice

METHOD

1. Prepare cake mixture as directed on page 5, adding the additional oil and sugar at designated steps.
2. Pour mixture into a greased and floured 25cm spring form pan and bake in a preheated oven at 180°C for 45-50 minutes.
3. Meanwhile, place butter, brown sugar, cream, orange zest and juice in a small saucepan. Stir over medium heat until all ingredients are melted and combined. Set aside to cool for 20 minutes.
4. Once cake is cooked remove from oven and stand for 10 minutes. Remove spring form side and gently cut cake into slices.
5. Place a slice of warm cake onto each serving plate, dust with icing sugar and serve with orange caramel sauce. Serve with ice cream, cream or berries of choice.

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



Sweet Corn Ice Cream

PREP 5 mins

COOK TIME 10 mins

EXTRA TIME plus freezing time

SERVES 6-8

The corn blends up perfectly in home made ice cream to create a smooth, sweet and creamy texture.



INGREDIENTS

600ml thickened cream
2/3 cup caster sugar
5 egg yolks
420g can **Edgell Creamed Corn**

METHOD

1. Place cream and sugar in large saucepan and heat until just simmering. Remove from heat.
2. Beat eggs yolks with an electric mixer until thick, gradually add warmed cream, stirring continuously. Return to saucepan and cook over a medium low heat stirring until the custard thickens to coat the back of a spoon.
3. Stir in Edgell Creamed Corn, cook for 1 minute.
4. Remove from heat and puree with a stick blender. Chill prior to freezing.
5. Freeze in an ice cream maker following manufacturer's directions.
6. Store in freezer until required.

**If you do not have an ice cream maker, freeze mixture until becoming icy, beat with electric beater and freeze again. Two lots of beating will result in a creamier ice cream.*

Serve in ice cream cones or a desert with caramel popcorn. What a great way to sneak veggies into kids.



