



Sweet Treats



Palmerston North 12th August

Palmerston North and via ZOOM 31st August

These sweet treats contain less sugar with some recipes using alternative or fewer ingredients to reduce the sugar content but keep the same taste and texture of these easy recipes.

We hope you enjoy them!





Banana Bread

Serves 25

Prep Time: 15 minutes

Cooking Time: 60 minutes

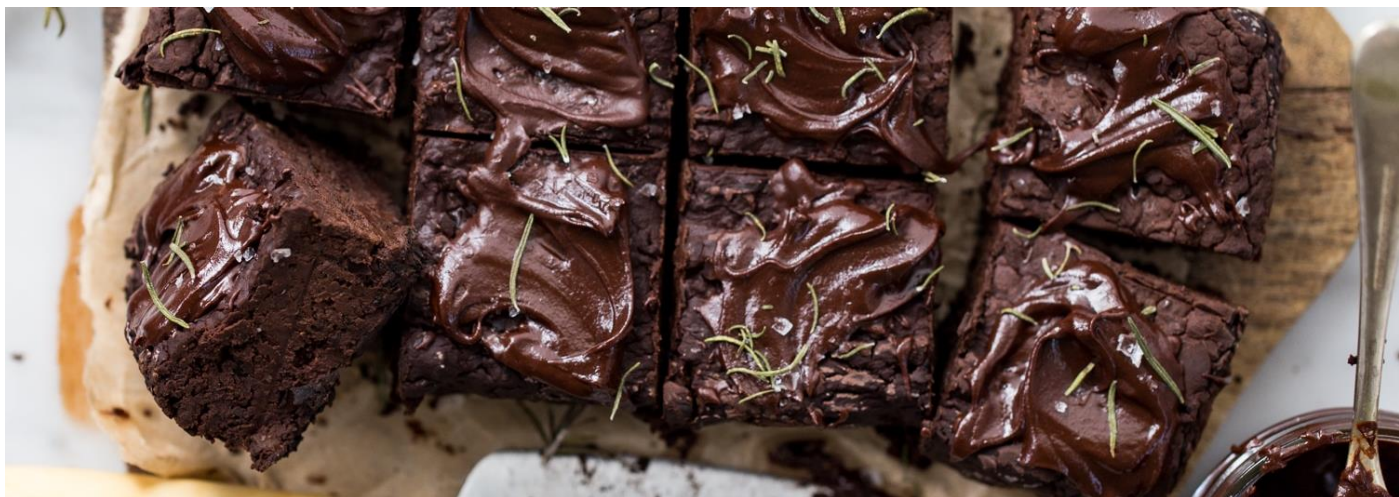
Ingredients:

- 1/3 cup melted oil
- 1/4 cup honey
- 2 eggs
- 2 large bananas
- 1/4 cup milk or water
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1 3/4 cups flour

Methods:

1. Preheat oven to 165 degrees Celsius and grease a loaf pan, or line the loaf pan with baking paper.
2. In a large bowl, beat the oil, honey, eggs, mashed bananas, milk and vanilla extract.
3. In a separate bowl combine the baking soda, salt, ground cinnamon and flour.
4. Tip the dry ingredients in the wet ingredients and stir until just combined.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the centre comes out clean.

Estimated Nutrition per Serve: Energy 326 kcal; protein 4.3g; total fat 11g (saturated fat 2.2g); dietary fibre 1.1g, sodium 302mg



Black Bean Brownies

Serves 25

Prep Time: 15 minutes

Cook Time: 25 minutes

This version of brownie contains less added sugar and animal fats than typical brownies. The addition of black beans adds more fibre and protein than typical brownies.

Ingredients:

- 1x 400g can black beans, rinsed and drained
- 2 eggs
- 1/4 cup canola oil
- 2 tsp vanilla essence
- 1 tsp coffee + 1 TBSP boiling water
- 3/4 cup cocoa powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup packed brown sugar
- 25g dark chocolate, chopped

Methods:

1. Preheat oven to 170 degrees Celsius. Cover a non-stick pan with oil spray and line with baking paper.
2. In a food processor place the black beans, eggs, oil, vanilla and coffee and mix until smooth
3. In a large bowl mix the cocoa powder, baking soda, salt and brown sugar with a whisk, breaking up any lumps.
4. Create a well in the middle of the bowl and add the wet ingredients. Mix until all ingredients are evenly combined
5. Spread the mixture evenly into the non-stick pan and sprinkle the dark chocolate on top
6. Bake for 20-25 minutes. Allow it to cool and slice.

Nutrition per serve: Energy 490kJ (117kcal), protein 4g, fat 5.5g, carbohydrate 12g, fibre 2.3g sodium 156mg

*If using defrosted frozen berries, make sure you drain as much liquid off them as possible before scattering over the brownie mixture.

Nutrition per serve: 316kJ (76 kcal); 2g protein, 7g carbohydrate, 4g fat (2g saturated), 1g fibre, 29mg sodium)



Banana Berry Frozen Yoghurt

Serves 6

Prep Time: 15 minutes

Cook Time: None

Ingredients:

- 2 cups frozen berries (slightly thawed)
- 3 medium frozen bananas (slightly thawed)
- 1 cup yoghurt
- 1 Tbsp lemon juice

Methods:

1. Place all ingredients in a food processor or a blender
2. Blend until smooth, stopping to scrape down the sides as needed
3. Serve immediately for a soft-serve texture or pour into a freezer safe container with a lid and freeze for 3-4 hours before serving

Nutrition per serve: Energy 510KJ (122), carbohydrate 23g, protein 3.5g, fat 1.2g, fibre 1.4g, sodium 26mg