

Black beans can work beautifully in chocolate baked goods and desserts. Their nutty and creamy flesh adds body and texture, and they can be used to replace some of the butter or flour (or both) in recipes. They also add a good dose of vegetarian protein and dietary fibre. Slightly sweetened tangy yoghurt is the perfect accompaniment to this cake, and a much healthier choice than regular cream. Coconut sugar has a low GI and a delicious caramel toffee flavour.

Flourless chocolate and raspberry dessert cake with yoghurt cream

Preparation time: 20 minutes

Cooking time: 40 minutes

Serves 10–12

Gluten-free

400 g (14 oz) tin black beans, drained and rinsed (see tips)

4 eggs

1 teaspoon pure vanilla extract

115 g (4 oz/¾ cup) coconut sugar

90 g (3¼ oz) unsalted butter, softened

40 g (1½ oz/⅓ cup) unsweetened cocoa powder, plus extra to dust

1 teaspoon baking powder

Pinch of salt

50 g (1¾ oz/½ cup) hazelnut meal

60 g (2¼ oz/½ cup) fresh or frozen raspberries

Raspberry yoghurt cream

250 g (9 oz/1 cup) natural yoghurt

60 g (2¼ oz/½ cup) fresh or frozen raspberries

2 teaspoons honey

1 teaspoon pure vanilla extract

1 Preheat the oven to 170°C (325°F/Gas 3). Lightly grease a 20cm (8 in) round non-stick springform baking tin. Process the black beans in a food processor until almost smooth. Add the eggs one a time, and the vanilla, and process until completely smooth.

2 Use an electric mixer to beat the sugar and butter until pale and creamy. Stir in the bean mixture (the mixture will appear curdled).

3 Sift the cocoa, baking powder and salt together. Gently fold into the bean mixture with the hazelnut meal. Stir in the raspberries.

4 Spoon mixture into the prepared tin and smooth the surface with the back of a spoon. Bake for 35–40 minutes or until a skewer inserted into the centre comes out clean. Set aside to cool for 5 minutes. Remove from tin and set aside on a wire rack to cool completely.

5 Meanwhile, to make the yoghurt cream, place all the ingredients in a small bowl and stir to combine. Serve the cake dusted with extra cocoa powder, with the raspberry yoghurt cream.

Tip: You can replace the tinned black beans with x gm (x oz/1½ cups) cooked black beans, red kidney beans, adzuki beans or pinto beans, and the coconut sugar with brown sugar.