



## Chocolaty Black Beany Brownies + Kid-Made Banana Frozen Yogurt Sundaes

By Erin Fletter

**Prep Time** 30 / **Cook Time** 25 / **Serves** 4 - 6

### Shopping List

- ☐ FRESH
- ☐ 2 bananas
- ☐ DAIRY
- ☐ 3 C vanilla Greek yogurt **\*\*(see allergy subs below)\*\***
- ☐ 1 C milk **\*\*(see allergy subs below)\*\***
- ☐ PANTRY
- ☐ 1 15-oz can black beans, for 1 1/2 C, rinsed and drained well
- ☐ 4 T cocoa powder **\*\*(see allergy subs below)\*\***
- ☐ 1/2 C quick oats **\*\*(see allergy subs below)\*\***
- ☐ 1/2 C pure maple syrup/honey/sugar/agave nectar
- ☐ 1/4 C vegetable oil **\*\*** + more for greasing pan
- ☐ 2 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***
- ☐ 1/2 tsp baking powder
- ☐ 1/2 C to 2/3 C chocolate chips **\*\*(see allergy subs below)\*\***
- ☐ 4 T agave nectar/honey/sugar
- ☐ 6 T to 1 1/2 C salt
- ☐ lots of crushed ice

☐ HAVE ON HAND

☐ 2 T water

## Fun-Da-Mentals Kitchen Skills

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**pulse:** to process just short of a purée in smooth, rhythmic bursts of power with a blender.

**purée:** to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**shake:** to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

## Equipment

☐ Oven

☐ Muffin pan

☐ Can opener

☐ Blender or food processor

☐ Liquid measuring cup

☐ Dry measuring cups

☐ Measuring spoons

☐ Spatula

☐ Blender (or pitcher + immersion blender)

☐ Cutting board

☐ Kid-safe knife

☐ Clear plastic resealable bags—1 quart-size + 1 gallon-size per 2-kid team (or 1 snack-size + 1 quart-size)

per kid)

- ☐ Permanent marker to mark bags
- ☐ Kid or kitchen scissors

## Ingredients

### Chocolaty Black Beany Brownies

- ☐ 1 15-oz can of black beans, for 1 1/2 C, rinsed and drained well
- ☐ 4 T cocoa powder **\*\*(for CHOCOLATE ALLERGY sub carob powder)\*\***
- ☐ 1 pinch salt
- ☐ 1/2 C quick oats **\*\*(for GLUTEN ALLERGY sub certified gluten-free quick oats)\*\***
- ☐ 1/2 C pure maple syrup/honey/sugar/agave nectar
- ☐ 1/4 C vegetable oil **\*\* + more for greasing pan**
- ☐ 2 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
- ☐ 1/2 tsp baking powder
- ☐ 1 or 2 T water, if needed to thin batter
- ☐ 1/2 C to 2/3 C chocolate chips **\*\*(for CHOCOLATE ALLERGY sub carob chips + for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)\*\***

### Kid-Made Banana Frozen Yogurt

- ☐ 2 bananas
- ☐ 3 C vanilla Greek yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free vanilla Greek yogurt)\*\***
- ☐ 1 C milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- ☐ 4 T granulated sugar/honey/agave syrup
- ☐ 6 T to 1 1/2 C salt
- ☐ lots of crushed ice

## Food Allergen Substitutions

### Chocolaty Black Beany Brownies

**Cocoa/Chocolate:** Substitute carob powder for cocoa powder. Substitute carob chips for chocolate chips.

**Celiac/Gluten/Wheat:** Substitute certified gluten-free quick-cooking oats. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Soy:** Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil. Use Enjoy Life brand chocolate chips.

**Dairy/Nut:** Use Enjoy Life brand chocolate chips.

## Kid-Made Banana Frozen Yogurt

**Dairy:** Substitute dairy-free/nut-free vanilla Greek yogurt. Substitute dairy-free/nut-free milk.

## Instructions

### Chocolaty Black Beany Brownies

#### preheat + drain

Adults, preheat your oven to 350 F. Pre-grease your muffin pan with oil and set to the side. Have kids open up **1 can of black beans**, drain and rinse them well, and measure 1 1/2 cups.

#### measure + add

Get out your blender or food processor and have your kids measure and pour directly into it **4 tablespoons cocoa powder, 1 pinch of salt, 1/2 cup quick oats, 1/2 cup maple syrup, 1/4 cup oil, 2 teaspoons vanilla extract**, and **1/2 teaspoon baking powder**. Next, have kids add the **1 1/2 cups of black beans** to the rest of the ingredients.

#### blend + blend + blend

Have kids take turns blending about 3 to 5 minutes—scraping down sides as needed. Sing the bean song (see below) if you really want to get your kids going! You want the batter to be very, very smooth (there should not be any whole black beans or oats in the batter). If the batter appears too thick, add **1 or 2 tablespoons of water** and pulse again. It should be slightly less thick than chocolate frosting but nowhere close to runny.

#### fold + pour

Have kids fold an additional **1/2 to 2/3 cups of chocolate chips** into the brownie batter until combined (and pop a few in your mouths!). Then, pour the batter into your prepared muffin pan and sprinkle some extra chocolate chips evenly over the top of the brownies!

#### bake + cool

Bake for 25 minutes until cooked through. Let cool for 30 minutes. The brownies will be very tender, so remove gently with a fork. They may fall apart, but it's okay. The insides are supposed to be very fudgy, so it's all right if they seem 'too' moist—that's the point. Plus, they're vegan (no raw eggs), so it doesn't really

matter. Now, top with **Kid-Made Banana Frozen Yogurt!** If the brownies are super, duper crumbly, you can also make your sundaes with the frozen yogurt on the bottom and bits of brownie on top! Yum!

### have fun + song

Beans, beans, the musical fruit. The more you eat, the more you toot. The more you toot, the better you feel. So, we eat beans at every meal!

## Kid-Made Banana Frozen Yogurt

### chop + measure + blend

Have kids chop up **2 bananas** and add them to your blender. Then have kids measure and pour **3 cups vanilla Greek yogurt, 1 cup milk, 4 tablespoons sugar**, add the lid, and blend until smooth.

### write names

Have kids write names on their bags (one bag can be shared with 2 kids). For the bag method of FroYo, you will need some good-quality plastic resealable bags in gallon and quart sizes. Don't use cheap ones that don't have a good seal and might leak.

### fill + seal + shake + shake + shake

Have each kid (or kid team) fill their quart bag with a serving size, about 1/3 to 1/2 cup, each of the blended yogurt mixture, and seal very well. Next, fill the gallon-sized bags half full of **crushed ice** and add **6 tablespoons of salt**. Place the quart bag into the gallon bag with the ice and salt, seal, and have kids shake, shake, shake for up to 10 minutes.

### freeze + shake some more

Set the bags to the side to continue to freeze on their own while you make the brownies. Then pick them up again before serving and shake some more! Serve when the frozen yogurt reaches the desired texture. If it gets too firm, you can thaw and break it up with your hands until your desired consistency. Take the quart bag out of the gallon bag and wash the saltwater off the quart bag. Snip the corner of the frozen yogurt bag and squeeze on top of a **Chocolaty Black Beany Brownie**. Enjoy!

## Featured Ingredient: Black Beans!

Hi! I'm Black Bean!

"My full name is "black turtle bean" because of my hard outer shell, but you can just call me "black bean." I'm a variety of common bean, although I'm anything but common! I bring a distinctive shiny look, sweet taste, and meaty texture to Latin American, South Asian, Cajun, and Creole cuisines."

History

Globally, there are 13,000 known varieties of beans. They include the white bean, like the Italian Cannelini, Great Northern, and Navy Bean; the black turtle bean (usually shortened to black bean); and the pinto bean. What kind of beans are you using today?

Beans were one of the first foods gathered, according to archaeologists. Our hunter-gatherer ancestors used beans as food tens of thousands of years ago. They were grown around 7,000 years ago in the Middle East.

In ancient Greece, public officials were elected if they picked the single white bean from a bunch of black beans.

In the 15th century, Spanish explorers brought beans to Europe when they returned from voyages to the New World. Then, Spanish and Portuguese traders took them to Africa and Asia to sell.

Beans are now prevalent worldwide, primarily due to their use as an inexpensive, plant-based protein. Today, the largest commercial producers of common dried beans are India, China, Indonesia, Brazil, and the United States.

North Dakota grows forty percent of the beans in the US, more than any other state!

Brazil grows the most beans in the world.

In Nicaragua, newlyweds are given a bowl of beans for good luck.

## Anatomy & Etymology

Did you know: Beans are technically a fruit!

Beans are legumes, so they have seeds that dry in the seed pod. Other legumes include lentils, peas, peanuts, and soybeans.

Beans plants leave the soil better and healthier than before they were planted. Most plants deplete the soil, but not beans. This is because they have nodules on their roots that add nitrogen, which the soil needs.

The world's tallest bean plant was over 45 feet tall! That's the equivalent of three average-sized giraffes stacked on top of one another. The plant was grown in the USA in 2003.

The word "bean" was first used before the 12th century. It comes from the Old English "bēan," from the Proto-Germanic "bauno," and is related to the Dutch "boon" and German "Bohne."

## How to Pick, Buy, & Eat

Beans are harvested at full maturity when their pod reaches about six inches long, and the leaves turn brown and fall off about 75 days after the beans are planted.

When harvested, the shells are broken open, and the beans are collected as long as they are dry. If they're not thoroughly dried, they can be hung up to finish drying before they're popped from their shells.

We can't eat raw, uncooked beans. Why? Because beans have something called lectins that are poisonous, and the only way to remove most of these lectins is to cook the beans.

If you're using dried beans, soak them before cooking to remove "antinutrients," compounds that block the

absorption of nutrients.

Dried beans are generally available in prepackaged containers as well as bulk bins; both canned and dried beans are available throughout the year.

Canned beans can stay fresh for years!

Combine the creamy texture of beans with a whole grain such as brown rice, and you have a virtually fat-free high-quality protein meal.

Beans are made into burgers, dips, brownies, cakes, dips, fudge, muffins, pies, and drinks (coffee and cocoa beans). They can also be used in jewelry, toys, and musical instruments. "Bean bag chairs" are made with polystyrene "beans," but the small bean bags for play are sometimes made with real dried beans.

## Nutrition

Beans are complex carbohydrates and high in fiber, which keeps our digestion strong and smooth and our tummies happy.

Beans are excellent sources of iron, magnesium, and potassium. The body needs these minerals to grow, develop, and stay healthy.

Beans supply several B vitamins to our diet, especially folate (B-9). These vitamins contribute to healthy brain function, formation of red blood cells, increased energy, and decreased cancer and cardiovascular disease risk.

The fiber and protein in beans are good for stabilizing blood sugar. They are popular with vegans and vegetarians because they replace some of the nutrients found in meat.

## Beany Expressions:

Bean counter = an accountant

Bean pole = describing someone tall and thin

Cool beans = when something is cool

It doesn't amount to a hill of beans = when something doesn't add up to much

Full of beans = full of energy, enthusiasm

Hasn't got a bean = doesn't have any money

Not worth a bean = not worth anything

Spill the beans = dish the dirt, tell the truth