



# Sweet Treats

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Palmerston North 12<sup>th</sup> August

Palmerston North and via ZOOM 31<sup>st</sup> August

These sweets treats are a great option when you are craving for something sweet but not sure how to overcome those feelings.





## Banana Bread

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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 or line a loaf pan.
2. In a large bowl, beat the oil, honey, eggs, mashed bananas and milk.
3. Combine dry ingredients in separate bowl. Tip dry ingredients in the wet ingredients and stir until just combined.
4. Bake for 55 to 60 minutes, or until a toothpick inserted into the centre comes out clean.



## Black Bean Brownies

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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 too.

### 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. Pray a non-stick pan with oil spray and line with baking paper.
2. In a food processor place the drained and rinsed beans, eggs, oil, vanilla and coffee and process until smooth
3. In a large bowl lace the cocoa powder, baking soda, salt and brown sugar and whisk to combine breaking up any lumps. Create a well in the middle of the bowl and add the wet ingredients.
4. Spread the mixture evenly into pan and sprinkle the chocolate on top
5. Bake for 20-25 minutes, 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

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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 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.*