



## Seasonal Eating Demo with Carol Muncer Open Farm Day October 5, 2024

### Bean Hummus

- 1 ½ cups cooked (1/2 cup dry) beans or one 15-ounce can white beans, drained and rinsed
- 4 TBSP olive oil
- 1-2 T lemon juice
- 1 clove garlic, minced or 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder, optional
- Salt to taste
- ¼ to ½ tsp Coriander and mustard seed (optional)
- Finely chopped basil (optional)

Blend all ingredients in a food processor until smooth. Use water to thin if necessary

### White Bean Blondie (aka white brownie)

- 1 ½ cups cooked (1/2 cup dry) beans or one 15-ounce can of navy beans, drained and rinsed
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup dark brown sugar
- 2 teaspoons vanilla extract
- 4 tablespoons unsalted butter, melted
- 1 large egg
- 1 cup all-purpose flour
- Top with chocolate chips if desired

Preheat the oven to 350-degrees F. Line an 8" brownie pan with parchment paper in both directions, using metal clips to hold the sides.

In the bowl of a food processor (or blender), add the beans, baking powder, salt, brown sugar, vanilla and melted butter. Blend until very smooth, about 1 minute. Scrape down the sides and blend again, if necessary.

Add the flour and pulse to combine, scraping down the sides to ensure it's all incorporated. Add the egg and pulse lightly to combine.

Spread the mixture into the prepared pan (it will be very thick!) and bake on the center rack for 15 minutes. It's done when a toothpick inserted comes out only barely moist or with slightly wet crumbs, but not overly liquid-y.