

# Breakfast Dishes, Breads and Desserts



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(photo by John Borge)

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## Apple Cinnamon Muffins

- 2 (15.5-oz.) cans Great Northern beans
- 1/3 c. low-fat milk
- 1 c. sugar
- 1/4 c. margarine or butter
- 3 eggs
- 2 tsp. vanilla extract
- 1 c. all-purpose flour
- 1/2 c. whole-wheat flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 4 tsp. cinnamon
- 1 large apple, peeled, finely chopped

*Process beans and milk in a food processor or blender until smooth. Mix sugar and margarine or butter in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in flours, baking soda, salt and cinnamon. Gently mix in apples. Spoon mixture into 16 greased or paper-lined muffin tins. Bake at 375 F for 20 to 25 minutes. Cool on wire racks.*

*Makes 16 servings.*

*Per serving: 180 calories, 4 g fat, 5 g protein, 32 g carbohydrate, 4 g fiber and 190 mg sodium*

## Black Bean Brownies

- 1 (15.5-oz.) can black beans
- 3 eggs
- 3 Tbsp. vegetable oil
- 1/4 c. cocoa powder
- 1 pinch salt
- 1 tsp. vanilla extract
- 3/4 c. white sugar
- 1 tsp. instant coffee (optional)
- 1/2 c. semisweet chocolate chips

Preheat oven to 350 F. Lightly grease an 8- by 8-inch baking dish. Combine all ingredients except chocolate chips in a blender; blend until smooth; pour mixture into prepared baking dish. Sprinkle with chocolate chips. Bake in preheated oven until top is dry and sides start to pull away from the baking dish; about 30 minutes.

*Makes 16 servings.*

*Per serving: 140 calories, 6 g fat, 3 g protein, 20 g carbohydrate and 105 mg sodium*

*Featured in: FN1485, "Now Serving: Beans!" available at [www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1485.pdf)*



## Breakfast Burritos

- 1 (15.5-oz.) can vegetarian refried beans
- 2 Tbsp. onion, chopped
- ½ c. tomatoes, chopped
- 4 tortillas, corn or wheat
- ½ c. salsa
- Low-fat shredded cheese (optional)

Mix beans with onion and tomatoes. Microwave the tortillas for 15 seconds. Divide bean mixture among the tortillas. Fold each tortilla to enclose filling. Place on microwave-safe dish and spoon salsa over each burrito. Microwave on high for 15 seconds. If desired, sprinkle with cheese.

*Makes four servings.*

*Per serving: 240 calories, 3 g fat, 10 g protein, 42 g carbohydrate, 8 g fiber and 820 mg sodium*

## Chickpea Chocolate Cake

- 1½ c. semisweet chocolate chips
- 1 (15.5-oz.) can chickpeas (garbanzo beans), rinsed and drained
- 4 eggs
- ¾ c. white sugar
- ½ tsp. baking powder

Optional toppings: powdered sugar, frosting or fresh berries

Preheat oven to 350 F. Grease 9-inch round cake pan. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth. Combine chickpeas and eggs in food processor or blender and process until smooth. Add sugar and baking powder; blend. Pour in melted chocolate, then blend until smooth. Transfer batter to prepared cake pan. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean. Cool on wire rack.

*Makes nine servings.*

*Per serving (without frosting): 320 calories, 13 g fat, 7 g protein, 47 g carbohydrate, 3 g fiber and 190 mg sodium*

*Featured in: FN1508, "Pulses: The Perfect Food," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1508.pdf)*



## Chocolate Chip Bean Muffins

- 2 (15.5-oz.) cans Great Northern beans, drained and rinsed
- 1/3 c. low-fat milk
- 1 c. sugar
- 1/4 c. margarine or butter
- 3 eggs
- 3 tsp. vanilla extract
- 1 c. all-purpose flour
- 1/2 c. whole-wheat flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 3/4 c. semisweet chocolate chips

Combine beans and milk in a food processor or blender until smooth. Mix sugar and margarine or butter in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in flours, baking soda and salt. Add in chocolate chips. Spoon mixture into 16 greased or paper-lined muffin tins about half full. Bake at 375 F for 20 to 25 minutes. Cool on wire racks.

*Makes 16 servings.*

*Per serving: 240 calories, 7 g fat, 6 g protein, 37 g carbohydrate, 5 g fiber and 115 mg sodium*

## Mexican Egg Scramble

- 1 whole egg plus 2 egg whites\*
- 1/4 c. canned black beans, drained and rinsed
- 1/4 c. shredded cheese
- 2 Tbsp. salsa

\* Tip: Using egg whites reduces the fat and calories in the dish. Egg whites are an excellent source of protein.

Drain and rinse black beans. Scramble the eggs with beans and cheese. Top with salsa.

*Makes one serving.*

*Per serving: 280 calories, 15 g fat, 24 g protein, 13 g carbohydrate, 4 g fiber and 820 mg sodium*

*Featured in: FN1472, "Cooking 101: Equipping Your Kitchen," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1472.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1472.pdf)*



## Scrambled Egg Burrito

- 1 whole-wheat tortilla
- 1 egg
- 2 egg whites
- 1 c. spinach
- ¼ c. canned black beans, drained and rinsed
- 2 Tbsp. shredded cheese
- 2 Tbsp. salsa
- 1 Tbsp. light sour cream

Spray pan. On stovetop with medium heat, cook eggs and spinach until eggs are completely cooked. On a heated tortilla, add cooked eggs, black beans and shredded cheese. Roll up tortilla and serve with salsa and sour cream.

*Makes one serving.*

*Per serving: 370 calories, 15 g fat, 25 g protein, 37 g carbohydrate, 6 g fiber and 900 mg sodium*

*Featured in: FN1473, "Cooking 101: Hot Tips About Food Storage," available at [www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf](http://www.ag.ndsu.edu/pubs/yf/foods/fn1473.pdf)*