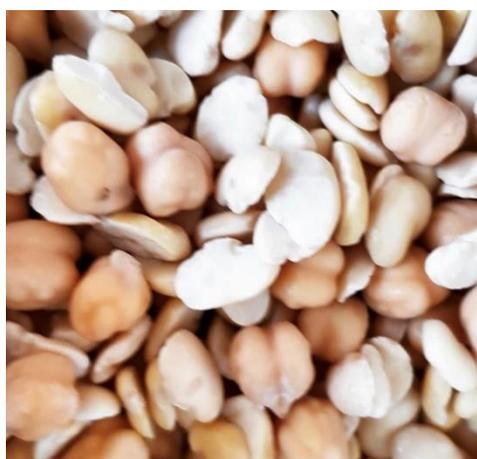


Recipe

CHOCOLATE SPREAD

FROM FABA BEANS



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KEY WORDS

Faba beans, chocolate spread

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Ingredients:

- 100 g fababeans
- 6 dates without stone
- 1 teaspoon of cacao powder
- 0,5 teaspoon of vanilla powder
- 1 - 5 teaspoons of water
- Some icing sugar

Instructions

1. Put the beans in water for 10-12 hours before use.
2. Drain beans in a colander and rinse under cold water.
3. Cook the beans in fresh water for 30-35 minutes.
4. Mix beans, dates, cacao, vanilla powder and 1 tablespoon of water in the blender. Run It until It Is homegenious and add water If necessary If It Is too dry.
5. Add salt, baicing sugar if you need it to be sweeter, just a little bit at a time.
6. Put the chocolate spread in an airtight container and keep it in the fridge, can last for approximately 14 days.

About CROPDIVA

CROPDIVA wants to put 6 underused arable crops back in the fields: oats, hull-less barley for human consumption, triticale, buckwheat, fava beans and lupins. 27 European partners are joining forces to enhance agrobiodiversity in Europe. They will achieve this by focusing on crop diversity and creating local value chains.



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