

# CHEATSHEET

## BLACK BEAN GINGERBREAD BARS



I don't think gingerbread has to be limited to the winter holidays. Check out this delicious recipe shared from WAG. These scrumptious gingerbread bars are made with lots of spices, blackstrap molasses, and a black bean base. Don't worry, you'll never taste the beans—they serve as a binder that keeps fat grams down without compromising flavor or texture (and they add good fibre!)

To help lower the overall sugar, the recipe uses a combination of brown sugar and Lakanto Monkfruit Sweetener to sweeten the bars. You can substitute an equal amount of white sugar, coconut sugar or brown sugar (and adjust the macros!). Don't skimp on blackstrap molasses, though. Molasses is key to getting that signature gingerbread flavor, so don't play around with any other substitutes.

### INGREDIENTS

- 1x 15oz can of black beans, rinsed and drained
- 1/2 tsp ground coffee
- 60g oat flour or ground old fashioned oats
- 60g coconut oil, melted
- 32g brown sugar
- 40g Lakanto Monkfruit Sweetener
- 36g blackstrap molasses
- 1 1/2 tsp ginger
- 3/4 tsp cinnamon
- 1/2 tsp cloves
- A pinch of black pepper
- 1/2 tsp vanilla
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 tsp apple cider vinegar
- 10g powdered sugar
- 1/2 tsp water



### DIRECTIONS

1. Preheat the oven to 350 F and line an 8-inch square baking pan with parchment paper.
2. Add all the ingredients for the gingerbread bars into the bowl of a food processor and pulse until combined. Scrape down the sides of the bowl and pulse one more time. Pour the batter into your lined pan. It should be thick but spreadable. Bake the bars for 20 minutes, until set and just cracked at the top. Let the bars cool completely in the pan before slicing or icing.
3. To make the icing, stir 1/2 tsp of water into the powdered sugar. You may need a literal drop or two more of water to get the right consistency, but be careful not to add too much, otherwise, your icing will be runny. Spoon the icing into the corner of a small zip-seal baggie and snip the tip so you have a hole about the size of a pencil point. Zigzag the frosting over the cooled bars, slice and enjoy!

**COURT'S RECOMMENDATION:** add in 40g of whey protein powder (recommended Pumpkin Spice flavour from Canadian Protein; the premium whey blend will mix best) to boost your protein intake on this recipe!

### NUTRITION INFORMATION

Serving size: 38g (entire batch makes 12 servings)

Calories: 113  
Protein: 3g  
Carbs: 15g  
Fat: 5.5g  
Fibre: 3g

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