

 **Prep:** 40 minutes
 **Cook:** 50 minutes
 **Servings:** 12

Sweet Garbanzo Bean Cake

INGREDIENTS

4 cans (~16 oz) Garbanzo Beans, any variety, *drained and rinsed*
1 cinnamon stick
2 cans (14 oz) sweetened condensed milk
Zest and juice of 1 orange
6 eggs
1 cup butter, *melted*
1 1/4 cups raisins
1/2 cup cornstarch
1 Tbsp baking powder
1 Tbsp powdered sugar, *for garnish*

DIRECTIONS

1. Preheat the oven to 350 degrees F. Grease and flour a 9-inch springform baking pan. Line bottom of pan with wax paper. Grease once again over the wax paper; dust with all-purpose flour.
2. Place beans and cinnamon stick in large saucepan. Cover beans with fresh water; bring to boil over high heat. Reduce heat to low and simmer for 30 minutes. Drain beans; place in large bowl, mash until smooth.
3. Combine milk, orange zest, orange juice, eggs and butter in a food processor. Process until smooth. Stir processed egg mixture and 1 cup raisins into mashed garbanzo beans.
4. Sift the cornstarch and baking powder over bean mixture. Stir to incorporate.
5. Pour batter into the prepared pan. Bake for 50 minutes, or until a toothpick inserted in center of cake comes out clean.
6. Allow cake to cool before inverting onto serving plate. Sprinkle with powdered sugar and remaining orange zest and garnish with remaining raisins.

Nutrition Information per serving

Calories 770	Carbohydrate 108.5g	Calcium 406mg (31%)
Total Fat 29g	Fiber 12.5g	Iron 5mg (29%)
Saturated Fat 15.7g	Sugars 66.5g	Potassium 1208mg (26%)
	Protein 23g	



Canned Beans
OPEN THE POSSIBILITIES