

# Blueberry Bean Cake

Serves 12

## Ingredients:

- 2 cans (15 ounces each) red kidney beans
- 1/3 cup nonfat milk
- 1 cup sugar
- 1/4 cup butter
- 3 eggs
- 2 tsp. vanilla
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 tsp. ground cloves
- 1/2 tsp. ground allspice
- 1 cup blueberries, fresh or frozen
- 3/4 cup pecans, chopped

## Directions:

1. Preheat oven to 375 degrees.
2. Process beans and milk in food processor or blender until smooth.
3. Mix sugar and butter in large bowl.
4. Beat in eggs and vanilla.
5. Mix in bean mixture until well blended.
6. Mix in flours, baking soda, salt, and spices.
7. Gently stir in blueberries.
8. Spoon mixture into 12 greased or paper-lined muffin cups.
9. Sprinkle muffins with pecans.
10. Bake muffins in oven until toothpick inserted in centers come out clean, about 20 to 25 minutes.
11. Cool in pans on wire racks 5 minutes.
12. Remove from pans.

## Tip

Any canned bean variety can be easily substituted.



Nutrition Facts	
12 servings per container	
Serving size	(142g)
Amount per serving	
<b>Calories</b>	<b>240</b>
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 340mg	15%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	18%
Total Sugars 15g	
Includes 12g Added Sugars	25%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 2mg	10%
Potassium 250mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

# Blueberry Bean Cake

Serves 12

## Ingredients:

- 2 cans (15 ounces each) red kidney beans
- 1/3 cup nonfat milk
- 1 cup sugar
- 1/4 cup butter
- 3 eggs
- 2 tsp. vanilla
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 tsp. ground cloves
- 1/2 tsp. ground allspice
- 1 cup blueberries, fresh or frozen
- 3/4 cup pecans, chopped

## Directions:

1. Preheat oven to 375 degrees.
2. Process beans and milk in food processor or blender until smooth.
3. Mix sugar and butter in large bowl.
4. Beat in eggs and vanilla.
5. Mix in bean mixture until well blended.
6. Mix in flours, baking soda, salt, and spices.
7. Gently stir in blueberries.
8. Spoon mixture into 12 greased or paper-lined muffin cups.
9. Sprinkle muffins with pecans.
10. Bake muffins in oven until toothpick inserted in centers come out clean, about 20 to 25 minutes.
11. Cool in pans on wire racks 5 minutes.
12. Remove from pans.

## Tip

Any canned bean variety can be easily substituted.



Nutrition Facts	
12 servings per container	
Serving size	(142g)
Amount per serving	
<b>Calories</b>	<b>240</b>
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 340mg	15%
Total Carbohydrate 38g	14%
Dietary Fiber 5g	18%
Total Sugars 15g	
Includes 12g Added Sugars	25%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 2mg	10%
Potassium 250mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended, Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, John D. Floros, Director.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.