

Flourless Lemon Torte

This is an amazing recipe, a dessert rich in beans. YES, beans for dessert! Yet, its great on taste. You won't believe that something like this would taste so good, yet be healthy. It is made with chickpeas or garbanzo beans, available fresh (best method is overnight soaking and using a pressure cooker) or canned which works just as well.

The recipe is also gluten free and low in fat. It is using vegan aquafaba liquid from the garbanzo beans. Do not discard the liquid in the can unlike years of past experiences. There is between $\frac{1}{2}$ to $\frac{3}{4}$ cup of liquid in each can. It is a natural occurring emulsifier.

The aquafaba can replace eggs.... 1 whole egg equals 3 tablespoons aquafaba and 1 egg white is equivalent to 2 tablespoons of aquafaba. To use as an egg binder, whip the aquafaba to a foam consistency, about 6-7 minutes of mixing. For a meringue, whip to fluffiness about 10-15 minutes. To hold the meringue, $\frac{1}{2}$ teaspoon of cream of Tartar will help to hold the fluff.

Ingredients:

Equipment:

9-inch springform pan
Parchment paper for lining the pan

For the Torte:

2 cups canned garbanzo beans (approximately 2 (15 ounce) cans with a few beans left over). Reserving the aquafaba liquid. Rinse the beans however, $\frac{3}{4}$ aquafaba, whipped to a foam

1 $\frac{1}{2}$ cups sugar or substitute $\frac{3}{4}$ Truvia © Baking Blend (half Stevia and Sugar)

$\frac{1}{2}$ t baking powder

1 t vanilla extract

2 t lemon zest., approximately 1 lemon, reserving the lemon juice for the frizzling on the cake after baking.

Powdered sugar and mint for garnish.

Preheat oven to 350°F. Coat a 9" springform pan with vegetable spray. Cut a round piece of parchment paper to fit into the bottom of the 9" pan.

Place the garbanzo beans in a food processor and puree till smooth. Add the whipped foamed aquafaba, sugar substitute, baking powder, vanilla and lemon zest to the puree and blend to combine the ingredients. Pour into the springform pan.

Bake on the center rack for about 60-65 minutes or until a knife inserted into the center comes out dry.

Remove and cool for about 15 minutes. Remove cake from pan bringing to room temperature to firm. Just before serving, squeeze lemon juice over cake and sprinkle with powdered sugar. Garnish with a mint leaf.

Serves 12. Amount per serving: 1/12 slice