

# BLACK BEAN KOFTAS



## INGREDIENTS:

SERVES 5-6 (MAKES 15-20 KOFTAS)

- 1x spanish onion, diced, fried in EVOO
- 2x 400g cans Black Beans, drained, rinsed
- 1/2 large sweet potato, peeled, diced and boiled
- 1 Cup oat flour
- 2 Tbsp BBQ sauce (optional)
- 2 Tbsp Psyllium Husks + 6 Tbsp water

### SPICES TO TASTE:

- 1tsp cumin
- 1tsp garlic powder
- 1tsp paprika
- 1/2 tsp chilli powder

**Recommendation:** Serve with CeresOrganics Organic Garlic Aioli (Vegan)

## METHOD

PREP TIME: 30 MINS • COOKING TIME: 20 MINS

- 1 Preheat oven 180 degrees.
- 2 Blend black beans with electric stick until a crumbly paste forms.
- 3 Add sweet potato and onion, mash together.
- 4 Add spices to taste.
- 5 Add oat flour (or other flour of choice).
- 6 Add BBQ sauce (optional).
- 7 Add binder: 2 Tbsp Psyllium Husks + 6 Tbsp water (this replaces eggs).
- 8 Shape and bake in FF oven at 180°C for 20 minutes until visibly crunchy coat forms, flip over after 10 minutes.



RECIPE CREATED BY **KATHY OZAKOVIC**

NuFit Wellness  
[www.nufitwellness.com.au](http://www.nufitwellness.com.au)

Kathy is an Accredited Practising Dietitian and Fitness Australia registered Personal Trainer. She has worked as a generalist clinical dietitian at South East Regional Hospital (Bega) on the hospital wards and in the community setting. Moving into private practice brought her focus to client behaviour change, which led to her current studies of Health Coaching. Kathy is excited to call herself an accredited Health Coach in a few months time. She has also expanded her knowledge through becoming a Microba Insight Health Practitioner, Optifast VLCD Health Practitioner, completing a Certificate in Holistic Digestive Health and a Sports Nutrition Essentials Course.