

Crispy Paprika Butter Beans

These beans combine the rich, smokey notes of paprika with creamy protein-packed butter beans to create a delicious and nutritious snack.

Ingredients:

- 1 400g can of butter beans
- 1 tsp of smoked paprika
- 1 tsp garlic powder
- 1 tsp chilli salt
- 1-2 tbsp of olive oil

Method:

- Rinse the butter beans very well in water and pop them into a bowl
- Add all the spices and olive oil, mix well until the beans are coated
- Pop into the air fryer for 15 minutes at 180 C or cook in the oven for 20 minutes at 180 C. Make sure to flip the beans halfway through cooking
- Take out and enjoy hot or cold

Gut Health Benefits:

The fiber in butter beans acts as a prebiotic, meaning it provides nourishment for bacteria in the gut,' she says. Butter beans also contain a type of carbohydrate called resistant starch which resists digestion in the small intestine and reaches the colon intact, where it can be fermented by gut bacteria. This fermentation process produces short-chain fatty acids, which are known to have numerous positive effects on the gut-brain axis.