

Ingredients

1 cup caster sugar
125g butter, softened
2 tsp vanilla essence
1 medium egg
1 tin chickpeas or cannellini beans, drained and mashed
1 cup chocolate chips
½ cup walnuts, crushed
1 cup plain flour
½ cup wholemeal plain flour
¾ cup rolled oats
1 ½ tsp baking powder
¼ tsp salt

Makes 20-30



**Featured in our cookbook
'Nourishing Nibbles – for people
living with dementia'**

See below for how to order

Method

1. Preheat oven to 180°C and line a tray with baking paper.
2. Cream sugar and butter until smooth. Add vanilla essence and egg and mix well.
3. Add mashed chickpeas or cannellini beans, chocolate chips, walnuts, flours, oats, baking powder and salt, and mix until all is combined.
4. Spoon tablespoons of the dough onto the baking tray, evenly spacing the biscuits (they don't spread a lot). Flatten slightly with a fork.
5. Bake biscuits for 10 to 15 minutes or until golden brown. Allow to cool, then serve or store in airtight container. **Note:** These biscuits do not freeze well.

Nutrition, hints and tips

- This recipe is clever in that it incorporates a serve of legumes into a sweet snack. This adds protein and fibre to the biscuits, making them a nutritious alternative to regular biscuits.
- The oats and wholemeal flour added also increase fibre content.

- For full nutritional analysis of this recipe and information on food group serves, see our cookbook **'Nourishing Nibbles – for people living with dementia'**
- To order a copy, call (07) 3257 4393 or email acnas@naqld.org for an order form.