

## Ingredients

**Makes 25 or 50**

	<b>25 BISCUITS</b>	<b>50 BISCUITS</b>
Rolled oats	3 cups	6 cups
Wholemeal flour	1 ¼ cups	2 ½ cups
Baking powder	1 tsp	2 tsp
Baking soda	½ tsp	1 tsp
Tinned cannellini beans, drained	1 cup	2 cups
Peanut butter	½ cup	1 cup
Canola oil	2/3 cup	1 1/3 cup
Brown sugar, firmly packed	1 cup	2 cups
Eggs, large	2	4
Vanilla essence	1 tsp	2 tsp
Sultanas	1 cup	2 cups



*These biscuits make an ideal finger food snack. Suitable for soft diets.*

## Method

1. Preheat oven to 190°C and line baking trays with grease proof paper.
2. Combine oats, wholemeal flour, baking powder and baking soda in a large bowl.
3. In a food processor, process tinned beans and peanut butter until smooth. Remove mixture from processor and place in a large bowl. Add oil, brown sugar, eggs and vanilla essence and beat well.
4. Add the wet mixture to the dry mixture and mix well. Stir in sultanas.
5. Shape spoonfuls of the batter into balls and place evenly on the baking trays. Press lightly on each to flatten slightly.
6. Bake in oven for 12-15 minutes or until golden brown. Cool on a wire rack and serve.

## Nutrition, hints and tips

- Legumes are rich in protein, fibre, iron and low GI carbohydrates.
- Any white bean can be used in this recipe such as butter beans or lima beans. Tinned chickpeas are another alternative.
- For flavour variations, try different types of dried fruit such as raisins, dried cranberries or chopped dried apricots - chop in the food processor to save time.
- As a serving suggestion, drizzle with melted white or milk chocolate.