

Chickpea Cookies

OSHC

Serves: 20

Prep Time: 10 mins

Cook Time: 15 mins

Ingredients

- 750g rolled oats
- 1 tablespoon baking powder
- 3 x 420g cans chickpeas, drained
- 3 ripe bananas
- 1 tablespoon vanilla essence
- 250g dates, softened
- 1 cup frozen mixed berries



Method

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Place the rolled oats in a food processor and blend to a coarse flour consistency. Add to a mixing bowl with the baking powder and set aside.
3. Place the drained chickpeas, ripe bananas, vanilla essence and softened dates in the food processor and blend until the dates are smooth.
4. Add the chickpea mixture to the mixing bowl with the oats and combine. Add the frozen mixed berries and gently stir through. Break up larger berries if needed.
5. Scoop out 1 tablespoon of mixture and roll into a ball. Place onto the prepared baking tray and press down to form a cookie shape. Repeat with remaining mixture.
6. Bake for 15 minutes in preheated oven.

Recipe Notes:

Soak dates in a little bit of hot water to soften, or heat in microwave with a teaspoon of water until soft.

Finally grate apple, pear or use any frozen fruit in place of mixed berries.

Food Group	Serves per portion
Vegetables	0.4
Fruit	0.2
Grain foods	0.3
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	0