

Chickpea Cookies

Food Foundations

Serves: 20

Prep Time: 10 mins

Cook Time: 15 mins

Ingredients

- 750g rolled oats
- 1 Tablespoon baking powder
- 3 x 420g tin of chickpeas (drained)
- 3 ripe bananas
- 1 Tablespoon vanilla essence
- 250g dates (softened)
- 1 cup of frozen mixed berries



Method

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Add oats to food processor and blend until course flour consistency. Add to mixing bowl with baking powder.
3. Add chickpeas, banana, vanilla and dates to food processor and blend until dates are smooth.
4. Add chickpeas mixture to oats and combine. Add berries and gentle stir through. Break up larger berries.
5. Scoop out 1 tbsp of mixture and roll into a ball, place on prepared baking trays, and press down to form cookie shape. Repeat with all the 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	