



OAT, CHICKPEA & CHOC SLICE



12 slices



40 minutes

INGREDIENTS

Base:

- 1 x 400g can chickpeas, drained and rinsed
- ½ cup apple sauce (or 1 large ripe banana)
- 2 tablespoons honey or maple syrup
- 2 tablespoons peanut butter
- 1 teaspoon vanilla extract

Dry ingredients:

- 1 ½ cups rolled oats
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- 2 tablespoons currants
- 2 tablespoons seeds (pumpkin, sunflower, chia)
- Pinch of salt

Topping:

- 200g dark chocolate chips, melted

DIRECTIONS

1. Preheat oven to 180°C fan-forced. Line a 20cm square baking tin with baking paper.
2. In a food processor or Nutri-Bullet, blend chickpeas, apple sauce or banana, honey or maple syrup, peanut butter, and vanilla until smooth.
3. In a large mixing bowl, combine oats, baking powder, cinnamon, salt, currants, and seeds.
4. Pour blended chickpea mixture into dry ingredients and mix until fully combined.
5. Spread mixture evenly in the lined tin. Bake 25–30 minutes or until firm and lightly golden.
6. Meanwhile, melt chocolate on 30 second increments in the microwave until melted fully.
7. Spread an even melted chocolate layer across the top of your slice.
8. Place in the freezer for 10 minutes or until chocolate layer has solidified completely. Then cut into 12 squares and enjoy!