

# Chickpea vanilla squares



**DYNAMIX**  
HEALTH & FITNESS

a small amount of coconut oil, to  
grease tin

400g tinned chickpeas (drained  
weight)

1 egg

60g crunchy peanut butter

30g honey or maple syrup

30g vanilla flavour whey or rice

protein powder

1 tsp vanilla extract

30g oats (use gluten free if preferred)

a pinch of baking soda

a pinch of sea salt

40g dark chocolate (minimum 70%),  
cut into chunks

**MAKES 9 SQUARES**



**PER SQUARE:**

**164 Calories**

**14g Carbs**

**9g Protein**

**8g Fat**

Preheat oven to 170°C/350°F.

Line the base of a 15x15cm baking tin  
with baking paper. Grease the sides lightly  
with coconut oil.

Place the chickpeas and egg in a food  
processor or blender. Blend well until  
smooth.

Add the remaining ingredients, except for  
the dark chocolate and blend well.

Transfer to the baking tin and spread the  
mixture roughly with a spatula.

Press the chocolate chunks lightly into the  
surface.

Bake for 20-25 minutes or until the edges  
are golden brown. Allow to cool for 10  
minutes in the tin, then cut into 9 squares.

*Store any leftovers in an airtight container  
for up to 4 days or freeze on same day.*

