
Bean Cookie Bars

Ingredients

- 1 can chickpeas (or other white or pink bean)
- 1/2 cup peanut butter
- 1/3 - 1/2 cup maple syrup
- 1 1/2 tbsp aquafaba (the water from the canned beans)
- 1/4 cup oat flour (1/3 cup of rolled oats pulsed into a flour using a blender will do!)
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- optional: 1 tsp vanilla
- 1/2 cup (dairy-free) 90-95% cacao chocolate bar
- optional: 1/4 cup chopped walnuts or other nut/seed

Directions:

- Preheat oven to 350 degrees.
- Prepare an 8x8 square baking dish with spray oil OR parchment sheet
- Blend or process in a food processor all ingredients *except* chocolate chips.
- After thoroughly blended, stir in chocolate bits or nuts, if using.
- Transfer the batter to the baking dish and use a spatula to even out the batter so it is evenly distributed in the pan
- Bake for 27 minutes.
- Remove and let cool. It will firm up as it cools.
- Do not slice until completely cool.
- Will keep for a week in the fridge, or longer if kept in the freezer

Notes:

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