

Blackberry oat slices

Serves: 6-8 people

Prep Time: 15 mins

Cook Time: 40 mins

Ingredients

1 cup blackberries (or use any berries you have), mashed with fork
1 tbsp. chia seeds
3 - 4 tbsp. maple syrup
1 400g tin cannellini beans, rinsed and drained
½ cup stewed apple
2 tbsp coconut oil (or use butter)
1 cup oats
1 tsp baking powder
1 tsp cinnamon
1 tsp vanilla (optional)
Pinch salt
½ cup flaked almonds (replace with sunflower & pumpkin seeds for nut free version for school lunchboxes)

Method

1. Divide Preheat oven to 160C and grease or line a 20 x 20cm baking dish
2. Mix berries with chia seeds and 1 tbsp maple syrup and set aside
3. Place rest of maple syrup, beans, apple, oil, oats, baking powder, cinnamon and vanilla in a food processor or blender and pulse until a batter forms
4. Stir through the almonds and spread 2/3 of the batter in the baking dish
5. Top with the berry mixture and then drop 'blobs' of the remaining oat mixture on top, trying to cover evenly
6. Bake for 40 minutes. Cool in the baking dish and store in the fridge