

Bean & Raisin Cookies



Ingredients

1. 1 cup oats (blitzed)
2. 1/8 cup linseeds
3. 1/2 tsp cinnamon
4. 3/4 tsp nutmeg
5. Pinch salt
6. 3/4 cup cooked white beans (cannellini/haricot)
7. 1/2 tsp vanilla essence
8. 1 egg
9. 1/4 cup applesauce
10. 1 tbs oil
11. 1/8 cup melted honey
12. 3/4 cup raisins

Method

1. Heat oven to 180°
2. Put all the dry ingredients in a food processor and mix.
3. Add the wet ingredients and process until well mixed.
4. Add raisins and stir in.
5. Grease a baking tray and put heaped tsp sized blobs of mixture onto the tray
6. Bake for 20 mins until browning.

Note: Not sweet but with a lovely spicy flavour. Freeze well.

