

Apple Chickpea Blondies

These wholesome blondies are rich in plant-based protein, fibre, and zinc thanks to the humble chickpea—an affordable pantry staple that supports immune function and skin repair. The apples add natural sweetness, while oats provide sustained energy. Make them with your loved ones and enjoy a treat that's as good for your health as it is delicious!

Ingredients:

- 1 can (400g) chickpeas, drained and rinsed
- 2 large eggs
- ½ cup smooth peanut butter
- ¼ cup brown sugar, raw honey or sweetener of choice
- 1 tsp vanilla essence
- ½ tsp ground cinnamon
- ¼ tsp salt
- ½ tsp bicarbonate of soda
- ½ cup oat flour (blended rolled oats)
- 1 small apple, thinly sliced
- Optional: a drizzle of homemade caramel or date syrup for the top



Instructions:

1. Preheat oven to 180°C and line a small baking dish (about 20x20cm) with baking paper.
2. Blend the chickpeas, eggs, peanut butter, sugar/honey/sweetener, vanilla, cinnamon, salt, and bicarb in a food processor or blender until completely smooth.
3. Fold in the oat flour by hand until combined.
4. Spread the batter evenly into the prepared pan.
5. Layer the apple slices on top in a neat pattern (as in your image).
6. Bake for 25–30 minutes or until golden and set in the centre.
7. Cool completely, then drizzle with caramel or date syrup if using.
8. Slice into squares and enjoy!

If you would like to show your support kindly visit:
<https://leprosymissionsouthernafrica.org.za/>
or scan the QR code to the right.

