Choc chickpea protein slice

Preparation time
15 minutes

Cooking time
15 minutes

Serves
12

Recipe courtesy of
Dietitians Australia Victorian Engagement and Development Committee



Ingredients | Method | Nutrition

1 can chickpeas drained and rinsed

1 cup almond meal

1/3 cup maple syrup

80g protein powder (chocolate or vanilla flavour works well)

1/3 cup peanut butter

1/2 tsp salt

1 tsp vanilla extract

100g dark chocolate

1. Place all ingredients except dark chocolate into a food processor and blend until smooth.

2. Roughly chop 40g of the dark chocolate and mix through the cookie dough.
3. Line a square baking tray with baking paper and press mixture into the tin.
4. Place in the freezer for 15 minutes.
5. Meanwhile melt remaining 60g of chocolate. Spread chocolate evenly over cookie dough and place back in the freezer.
6. Cut into 12 small bars using a hot knife (to stop the top cracking).
7. Store in the freezer, or the fridge if you like them softer.

This recipe is great for those with higher energy requirements - for example, those who are quite physically active or older Australians needing to increase their energy and protein intake.

Nutritional information is provided per serve

Engery	950kJ (227 calories)
Protein	8g
Saturated Fat	2.5g
Total Fat	12g
Carbohydrates	20g
Sugars	11g
Dietary Fibre	3g
Sodium	210mg