

Thumbprint Jam Coconut Cookies

by Renee Brown @wellnessbyrenee

OMG, you guys these cookies are out of this world.

They are not only iron-rich (would you believe me if I told you they are full of chickpeas) as well as being packed with protein and fibre, they are easy to make, sweet but not too sweet, and perfect for kindy and school lunches.

You're also going to love them which is such a bonus.

Here's how to make them:

Ingredients

Makes 20 cookies.

1 banana, ripe
400gram tin of chickpeas (rinsed and drained)
½ cup of coconut sugar
1 cup of rolled oats
¼ cup of coconut oil, melted
1/2 tsp of vanilla extract
¼ cup of desiccated coconut
1 tsp of baking powder
½ cup of jam
30 grams of dark chocolate (optional)

Method

Turn the oven to 180 bake and line a baking tray with baking paper.

Add all the ingredients except for the jam and chocolate into a blender or food processor and blitz on high for 1-2 minutes or until smooth.

Scoop onto a baking tray and shape into circles. Top with a small dollop of jam and bake in the oven for 18 minutes.

Let them cool before drizzling on melted chocolate and storing in the fridge for up to 5 days.

Discover more

[Renee Browns Plant-powered lunchbox snacks e-book](#)

