

Cashew Carob/Choc Chip Cookie Dough Bites



Serves	11
Prep time	15 minutes
Cook time	15 minutes
Total time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 400g can chickpeas (drained, rinsed and patted dry with paper towel)
- 1 teaspoon vanilla extract
- 3/4 cups cashew paste
- 1/4 cup rice malt syrup
- 1 teaspoon baking powder
- pinch salt
- 1/2 cup carob soy buttons or chocolate (chopped into small pieces)

Directions

1. Preheat the oven to 175°C and line a tray with baking paper.
2. Place all the ingredients except the carob/chocolate into a food processor and whizz until well combined.
3. Stir in the carob/chocolate pieces.
4. Using wet hands, roll tablespoonfuls of dough into balls and place into the baking tray.
5. Bake in the oven for 10 - 15 minutes until cooked on the outside and lightly brown.
6. Allow to cool on the tray.



Note

Low Chemical / Failsafe, Very High Amines

While this recipe is technically low chemical if using the soy carob buttons; vanilla and cashews need to be limited on the Failsafe or Elimination diets, so these should be treated as an occasional food.

This recipe will be gluten-free if using gluten-free baking powder, and dairy-free if dairy-free chocolate or carob is used.

The biscuits will be cooked on the outside but still moist on the inside.