

## INTRODUCTION

Save yourself from measuring cup madness! Prepare our *Bean Appétit Flour Blend* ahead of time, and you won't have to scramble to find the ingredients.

### *bean appétit flour blend*

Combine the following ingredients and store in an airtight container:

**3 cups whole wheat flour**

**3 cups unbleached all-purpose flour**

**2¼ cups wheat germ**

**½ cup flax meal**

Finally, here's the trick on how to puree chickpeas, which we often use instead of butter in a recipe:

### *chickpea puree*

**1 cup whole chickpeas**

**½ cup water**

Puree the chickpeas in a food processor and then add water a little at a time until the mixture is super smooth. Nobody wants to discover a chunk of chickpea in a chocolate cake!

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## SWEET PEA

# cherry pie pops

Makes 6

- ½ **cup Bean Appétit Flour Blend** (page xiii)
  - 3 tablespoons butter, softened**
  - 2 tablespoons packed brown sugar**
  - ⅓ **cup water**
  - 1 (12-ounce) can organic cherry pie filling**
  - 1 egg, lightly beaten**
- 2.** Preheat the oven to 375° and lightly spray a baking sheet with nonstick spray.
  - 3.** Roll the chilled dough onto a lightly floured surface to ¼ inch thick. Use the top of a small cup as a cookie cutter to shape 1½-inch circles. Place a small spoonful of the cherry filling on the center of 1 circle, leaving the outer edges clear. Place another circle of dough on top, slide a lollipop stick in between the 2 dough pieces, and gently press all around the edges of the dough to seal in the filling.

#### YOU WILL ALSO NEED:

##### Lollipop sticks

- 1.** Pick your Pied Piper and follow her around the kitchen with a mixing spoon in hand. In a mixing bowl combine the flour blend, butter, and brown sugar. Slowly add water until you can form the dough into a ball. Chill the dough in the freezer for 5 minutes.
- 4.** Place the lollipops on the prepared baking sheet. Brush the crust with the beaten egg. Bake for 15 to 17 minutes, until the lollipops are golden brown. Sing your own rendition of "The Good Ship Lollipop" and then eat away!

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