

Peatballs



1 cup peas (thawed from frozen or fresh)
1 cup oats
1 slice dry toasted bread
2 Tbsp soy sauce
1 Tbsp barbeque sauce or ketchup
½ tsp cumin
½ tsp salt
Big pinch pepper
Spray oil (or brushed oil)

Pre-heat oven to 200°C
Dry blend oats 'til like fine breadcrumbs
Dry blend dry toast to breadcrumbs
In a processor put everything except oats and toast crumbs
Process 'til smooth
Add oats and toast crumbs and re-process
Allow to stand for ½ an hour
Scoop out rough spoonfuls and place on an oiled baking dish
Spray or brush oil onto them
Bake for about 20 min or until golden brown