

Easy Oat Tortilla Choc Pinwheels



Dietary: V, VEG, DF, EF, NF

Allergens: Wheat

Age group: 12 months+

Mealtime: Afternoon Tea

Difficulty level: Medium



Serves: 12
Prep: 25 mins
Cook: 10 mins

Rating



MindChamps®
early learning & preschool

EASY OAT TORTILLA CHOC PINWHEELS

Serves: 12

Prep: 25 mins

Cook: 10 mins



Vegan



Vegetarian



Dairy Free



Egg Free



Nut Free

Equipment

Blender, Stick blender, Skewers

Ingredients

TORTILLAS:

- 2 cups (200g) rolled oats or quinoa flakes
- 2 ½ - 3 cups (625-750ml) soy milk, unsweetened
- 1-2 tbs (20-40ml) extra virgin olive oil, for frying

CHOCOLATE DATE SPREAD:

- 1/4 cup (25g) carob powder
- 1/4 cup (25g) cacao powder
- 1/4 cup (125ml) maple syrup
- 3 large (90g) Medjool dates, pitted
- 1/4 cup (50g) hulled tahini
- 1 tbs (20ml) light olive oil
- 2-3 tbs filtered water or more if needed

Method

1. To make the tortillas, add oats and 2 cups of soy milk to a medium bowl, combine and allow to soak for 5 mins.
2. Place into a blender and blend until smooth. (The batter should be slightly more watery than a pancake batter). If needed, stir in the extra ½ cup of milk.
3. Heat a large frying pan over medium-high heat. Brush with a little oil.
4. Cooking in batches, pour ¼ cup of the batter into the pan, slightly spread to 1-2mm thickness, to make approx. 12-13cm sized circle.
5. Cook for approx. for 1-2 mins on each side. Continue with rest of the batter.
6. To make the chocolate date spread, place all ingredients in medium-sized bowl, and using a stick blender, blend until a smooth consistency is reached. Alternatively place into a small food processor, process until smooth and creamy.
7. If it is too thick add an additional tablespoon of water and keep adding until desired consistency is reached.
8. Place one tortilla on a clean work surface and spread it evenly with approx. ½ -1 tbs of chocolate spread. Roll into a log, then cut into pinwheels.
9. Thread pinwheels onto a wooden skewer (cutting off any sharp skewer points for younger kids). Continue with the rest of your tortillas.

Storing leftovers: Store leftover chocolate spread in a jar or in an airtight container in the fridge for up to 14 days or freeze for up to 4 months. Store leftover pinwheels in an airtight container in the fridge for up to 4 days.

Tips

- ✓ **Prep tips:** It is best to prepare the tortillas the day ahead and store in the fridge overnight before spreading with chocolate spread. Add some fresh fruit onto the skewer between your pinwheels.
- ✓ **Allergies:** For a gluten-free version: Swap rolled oats for quinoa flakes.
- ✓ **Easy ingredient swaps:** Swap soy milk for milk of choice. Swap carob with cacao. Swap tahini for a seed or nut butter (if it doesn't have to be school-friendly). Swap maple syrup for raw honey.
- ✓ **Baby-friendly version:** Swap chocolate spread for mashed banana or simply spread the oat tortilla with seed or nut butter. Alternatively, serve tortillas plain.
- ✓ **For fussy eaters:** Serve the meal deconstructed and let them spread the chocolate onto the tortilla themselves.