



Chickpea Cookie Dough

SERVINGS: 12

PREPPING TIME: 10 MINS

COOKING TIME: 0 MINS

INGREDIENTS

- 1 15-oz. can reduced-sodium chickpeas,
drained and rinsed
- 1/8 tsp. salt
- 1/8 tsp. baking soda
- 1/4 tsp. ground cinnamon
- 2 tsp. pure vanilla extract
- 1/3 cup almond butter
- 1/4 cup pure maple syrup
- 1/3 cup dark chocolate chips
- 3 tbsp. quick oats

DIRECTIONS

1. Add all ingredients (except for chocolate chips) to a food processor and process until very smooth. Depending upon your food processor, this may take several minutes and several scrape-downs.
2. Taste the "dough." If you'd like it sweeter, add additional maple syrup 1 teaspoon at a time until it is as sweet as you like. If the dough is too wet, add an additional 1-2 tablespoons of oats to get the desired dough consistency.
3. Transfer the dough to a mixing bowl and fold in the chocolate chips (you also can attempt to mix them directly in the food processor bowl, but I find using a separate bowl is easier and more effective in the end).
4. Enjoy immediately or transfer to an airtight container and refrigerate until ready to serve.

NUTRITION

Serving size: 1 serving (40g)
(per serving) 120 calories, 6g fat, 1.5g saturated fat, 0mg cholesterol, 90mg sodium, 15g carbohydrate, 2g fiber, 8g sugar, 3g protein