

Chocolate Chip Chickpea Cookie Dough

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 12 servings | Serving Size: 1 dough ball

Ingredients

- ½ cup semisweet or dark chocolate chips (mini chips work best)
- 1 (15-ounce) can no-salt-added garbanzo beans (chickpeas), drained and rinsed
- ½ cup creamy natural peanut butter
- 2 tablespoons sweetener (e.g. agave, honey, maple syrup)
- 1 teaspoon vanilla extract

Directions

1. Add the chocolate chips to a medium mixing bowl and set aside.
2. Add the garbanzo beans, peanut butter, selected sweetener, and vanilla to the bowl of a food processor. Pulse to chop and then blend until completely smooth, about 3-4 minutes.
3. Transfer the mixture to the bowl with the chocolate chips and fold to combine.
4. Use a 2-tablespoon disher (spring-loaded cookie scoop) to portion the dough out.
5. Serve right away, or chill before serving.

Recipe Notes

- Try substituting another nut or seed butter for the peanut butter.
- Try substituting chopped nuts or dried fruit for half or all of the chocolate chips.
- Store in an airtight container in the refrigerator for up to 7 days, or in the freezer for up to 3 months. If frozen, be sure to thaw slightly (about 10 minutes at room temperature) before eating.



Nutrition Facts Per Serving: Calories: 150 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 60 mg | Total Carbohydrate: 16 g | Dietary Fiber: 3 g | Protein: 3 g

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