

Edible Cookie Dough

yield: 2 SERVINGS

cook time: 0 MINUTES

prep time: 5 MINUTES

total time: 5 MINUTES



INGREDIENTS

- 1 15-oz can chickpeas
- ½ cup nut/seed butter
- 2 tsp vanilla extract
- 2½ tbsp maple syrup
- ½ tsp cinnamon
- ¼ tsp baking powder
- ¼ tsp salt
- ⅓ cup chocolate chips

INSTRUCTIONS

1. Drain & rinse chickpeas. Dry with paper towel.
2. Add chickpeas, nut/seed butter, vanilla extract, maple syrup, cinnamon, baking powder, & salt to food processor or blender.
3. Add chickpea cookie dough mixture to small bowl. Mix in chocolate chips.
4. Serve.

*Make this edible cookie dough as a delicious late-night snack.
Double the recipe to have leftovers for the week!*

Nut/Seed Butter Options: peanut, almond, cashew, sunflower seed, soy.

Sweetener Alternatives: brown sugar (½ cup), honey (6 tbsp), agave (6 tbsp).

Add-Ins: banana (½), protein powder (½ scoop), pumpkin puree (¼ cup), ground flaxseed (2 tbsp), blueberries (¼ cup), raspberries (¼ cup), nutmeg (½ tsp).

Storing: store leftovers in airtight container in refrigerator for up to 4 days.

Pair With: graham crackers, apple slices, pretzels, pear slices.