

Healthy Cookie Dough



COURSE

Dessert, Snacks



SERVINGS

7 serving



CALORIES

206 kcal

INGREDIENTS

- 1- 15 oz can chickpeas drained and rinsed
- 1/3 c peanut butter
- 1/4 c oat flour
- 1 Tbsp shredded coconut
- 3 Tbsp maple syrup
- 3 tsp vanilla extract
- 2 Tbsp soy milk or use other plant milk for soy-free
- 1/3 c mini chocolate chips
- 1/4 teaspoon salt

INSTRUCTIONS

1. Drain and rinse the can chickpeas, place in the bowl of the food processor with the remaining ingredients, except the chocolate chips.
2. Blend on high speed for 30 seconds.
3. Stop the food processor, scrape the sides and bottom of the food processor bowl with a spatula.
4. Process again for 30-45 seconds or until the dough is smooth. If not, you can scrape down the bowl again and repeat the processing steps in 30-second bursts. If the dough is too thick to your liking, add a bit more almond milk. If too liquid, add more oat flour, one tablespoon at a time.

5. Fold in chocolate chips, pulse a few times to incorporate.

6. Separate into 7 servings. Store in the fridge.

NUTRITION

Nutrition Facts

Healthy Cookie Dough

Amount Per Serving (1 serving)

Calories	206	Calories from Fat	108
% Daily Value*			
Fat	12g	18%	
Carbohydrates	21g	7%	
Protein	7g	14%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!