

# Healthy Cookie Dough



COURSE  
Dessert, Snacks



SERVINGS  
7 serving

CALORIES  
206 kcal

## INGREDIENTS

- 1- 15 oz can chickpeas drained and rinsed
- $\frac{1}{3}$  c peanut butter
- $\frac{1}{4}$  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
- $\frac{1}{3}$  c mini chocolate chips
- $\frac{1}{4}$  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!