



Chickpea Cookie Dough

Ingredients

- 1 15-ounce can reduced sodium chickpeas rinsed and drained (or 1 ½ cups cooked chickpeas)
- ¼ cup creamy peanut butter or nut butter of choice
- ¼ cup rolled oats or quick cooking oats
- ¼ teaspoon baking powder
- ¼ teaspoon ground cinnamon ¼ teaspoon kosher salt
- ¼ cup pure maple syrup plus additional to taste
- 1 tablespoon pure vanilla extract
- ⅓ cup dark chocolate chips or mini chocolate chips

Instructions

1. To the bowl of a food processor fitted with a steel blade, add all of the ingredients in the order listed, except for the chocolate chips: the chickpeas, peanut butter, oats, baking powder, cinnamon, salt, maple syrup, and vanilla. Process until smooth, creamy, and completely combined. Stop and scrape down the bowl several times as needed. Depending upon your food processor, this may take several minutes and several scrape downs. 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.
2. 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). Enjoy immediately or transfer to an airtight container and refrigerate until ready to serve. You can also bake the dough as cookies.