

Chocolate Chip Chickpea Cookie Dough

Serves 12

Adapted from Nutrition.VA.Gov

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 peanut butter
- 2 tablespoons sugar-based 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 a food processor. Pulse to chop and then blend until completely smooth, about 3-5 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.

Nutrition Facts: *Calories 150 , Fat 6 g, Saturated Fat 1 g, Sodium 60 mg, Carbohydrate 16 g, Fiber 3 g, Protein 3 g.*