

Peanut Butter Chickpea Cookies

Ingredients:

1 can Chickpeas
3/4 cup Peanut Butter
1/3 c Honey* 3/4 cup Oats
1/3 c Almond Milk 1 t. Vanilla
1 t Baking Powder 1/2 t Cinnamon
1/3 cup Mini Chocolate Chips



Directions: Drain chickpeas and rinse very well. Whirl all ingredients together in a blender or food processor until very smooth. Stir in chocolate chips and bake for 10-15 minutes or until cookies are just set. (do not overbake, they should still be soft). Remove from oven and cool or eat while still warm.

Notes: Maple syrup can be substituted for the honey (or may use half of each). Non-caloric sweetener can be substituted to reduce sugar content but may affect the texture and flavor. Almond butter may be substituted for peanut butter and white beans may be used in place of chickpeas.



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Nutrition Information per serving

(24-30 cookies): Restaurant Chocolate Chip Cookie

Calories: 83 220 Calories
Fat: 4 grams 10 g Fat
Protein: 3 grams 2 g Protein
Carbohydrates: 9 grams 30 g Carbs
Fiber: 1 gram 1 g Fiber
Sodium: 34 g 130 mg Sodium

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