RECIPE

Chickpea Chocolate Chip Cookies



Ready in **40 minutes**

Servings **approximately 30 cookies**

Nutritional content per serving:

96 calories per 41 grams of dough

Protein 2.5 grams

Carbohydrates 11.7 grams

Fat 4.5 grams

Ingredients

- 2 cans garbanzo beans (drained/rinsed)
- 1 cup peanut butter
- 1/2 cup maple syrup or honey
- 1 cup of dates (pitted)
- 2 tablespoons vanilla
- 1 teaspoon salt
- 2 tablespoons of ground flax seed soaked in 6 tablespoons of water (5min)
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- 2 tablespoons unsweetened cocoa powder

Preparation

1. **Mix all ingredients well,** place all above ingredients in a food processor until a puree consistency and then stir in ½ cup of the following of your choice or more!
    - Oats (omit if allergic)
    - Lily's No Sugar Added Chocolate chips
    - Dried Fruit
2. **Bake at 325 degrees.** Bake at 325 degrees for 15 minutes. Check after 10 minutes as oven temperatures and results vary.

Healthy Tips

Alternate sugar sources; dates, honey, *coconut sugar, *monkfruit liquid sweetener. .

*Both coconut sugar and monkfruit are good alternative sources of sweetness that do not affect your glycemic index like traditional sugar does (spiking and changing your metabolic rate).