

Chickpea Cookie Dough

Makes 6 Servings

INGREDIENTS

- 1- 14.5 oz. can chickpeas
- 1/3 cup peanut butter
- 2 tablespoons sugar
- 1/2 teaspoon vanilla extract (optional)
- 1/2 cup chocolate chips, raisin, etc.



DIRECTIONS

1. Place chickpeas in a blender or food processor and blend until smooth.
2. Add peanut butter, sugar, and vanilla extract to the chickpeas and blend until mixture is smooth and thick.
3. Place into a medium size bowl and mix in chocolate chips.
4. Serve with a spoon, as a dip for apple slices, or roll into balls for doughy energy bites!
5. Store leftovers in the refrigerator for up to 2 weeks.

Nutrition Facts

Serving Size 1/3 cup (101g)	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 28g	9%
Dietary Fiber 5g	20%
Sugars 14g	
Protein 7g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe adapted from: <http://init4thelongrun.com/2016/11/03/edible-dairy-free-cookie-dough/>