



Chickpea Cookies

SERVINGS: 12 COOKIES

PREPPING TIME: 5 MINS

COOKING TIME: 15 MINS

INGREDIENTS

- 1.5 cups chickpeas, canned, drained and rinsed
- 1/2 cup peanut butter, unsweetened
- 1/2 cup almond flour
- 1/4 cup maple or honey
- 1 tsp. vanilla extract
- 1 tsp. baking powder
- 1/2 tsp. sea salt
- 1/2 cup dark chocolate chips

DIRECTIONS

1. Preheat the oven to 350°F and line a baking tray with parchment paper.
2. Drain and rinse the chickpeas. Add the chickpeas, nut butter, flour, maple syrup, vanilla baking powder, and salt to a food processor. Process until smooth and a thick batter forms, scraping down the sides if necessary.
3. Add 3/4 of the chocolate chips to the food processor and pulse until evenly distributed.
4. Using a large spoon, scoop the batter onto the lined baking sheet. With your hands, press each cookie flat and press the remaining chocolate chips into the cookies.
5. Bake in the middle rack of the oven for 13-15 minutes; the cookies are done once they have risen slightly and the bottom is golden.
6. Remove from the oven and let the cookies sit on the tray for 5 minutes to cool.

NUTRITION

Serving size: 1 cookie

(per serving) 196.7 calories, 10.8g fat, 3.7g saturated fat, 0.3mg cholesterol, 225.2mg sodium, 21.2g carbohydrate, 3.6g fiber, 10.4g sugar, 5.5g protein