



EDIBLE COOKIE DOUGH



20 minutes



20 spheres

INGREDIENTS

- 1 (15oz) can chickpeas, drained
- 1/2 cup of peanut butter
- 1 Tablespoon vanilla extract
- 1/4 cup maple syrup or honey
- 1/2 cup of dried cranberries or raisins
- 1/4 cup chocolate chips

DIRECTIONS

1. Open and drain can of chickpeas onto paper towels and pat dry. Remove skins for better texture.
2. Pour chickpeas into large mixing bowl or food processor and mash chickpeas until a smooth consistency.
3. Add vanilla and syrup or honey. Mix in peanut butter until doughy consistency occurs.
4. Mix in dried fruit and chocolate chips.
5. Roll dough into small spheres and enjoy!
6. Cover and refrigerate leftovers.

Recipe Source: Madison Hines, RDN, LDN