

Chickpea Cookie Dough

If you prefer cookie dough over cookies, this is for you! This nutritious dessert can be eaten without fear of salmonella. Dig in!

1 can chickpeas (rinsed and drained)

½ cup dates (blended into a thick paste)

½ cup oat flour (just blend oats if you don't have oat flour) OR almond flour

2 teaspoons vanilla

1/3 cup natural peanut butter OR use PB2 and rehydrate with water

2-3 Tablespoons maple syrup

1 Tablespoon ground flaxseed + 1 tablespoon water (mix together and sit for a few minutes)

2 Tablespoons dairy free chocolate chips



Blend dates into paste. Add all other ingredients except chocolate chips. Once blended thoroughly, add in chocolate chips until mixed.

If the consistency is too thick, add 1 tablespoon of dairy-free milk. If dough is too thin, add more flour.

Enjoy this guilt free raw cookie dough!

If you want a more chocolatey cookie, add 2 tablespoons of cocoa powder.

