

Chickpea Cookie Dough Bites

Heart Health

Items Needed: food processor, measuring cups and spoons, mixing bowl.

Makes: 12 bites

Ingredients:

- 1 can of chickpeas rinsed and drained (approximately 1 ½ cups)
- ½ cup oats (or sub out ¼ cup almond meal.)
- ¼ cup peanut butter, almond butter or seed butter
- 1 tsp vanilla extract
- 2 tbsp maple syrup
- ¼ cup dark chocolate chips
- Pinch of salt

Directions:

1. In the food processor, process the oats until almost flour consistency.
2. Add the chickpeas, peanut butter, vanilla extract, peanut butter or preferred nut butter.
3. Continue to process until you reach a dough like consistency.
4. Place dough in a mixing bowl and add most of the chocolate chips, reserve some to finish.
5. Roll into 1 inch bite size pieces and place on a plate or baking sheet.
6. Once you have rolled all the bites, place a chip or two into the tops of each of the cookie dough bites and give a final roll. Chill for 30 minutes and enjoy!

Nutrition Information (per 1 bite):

Calories: 107 Fat: 4.6 g Carbs: 13.9 g Protein: 3.4 g Fiber: 2 g Sodium: 93 mg

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