



Chickpeanut Butter Cookies



Ingredients



- 1 1/4 cups prepared chickpeas
 - 1 1/2 tsp. vanilla extract
 - 1/2 cup + 2 Tbsp. peanut butter
 - 1/4 cup honey or agave
 - 1 tsp. baking powder
 - Pinch of salt
 - 1/2 cup chocolate chips
- Yield: 16 cookies
Serving Size: 1 cookie



Directions



1. Preheat oven to 350 degrees. Line baking sheet with parchment paper.
2. In a food processor or blender, combine all ingredients except chocolate chips. Blend until smooth.
3. Scrape sides of bowl periodically to get all chickpea pieces incorporated. Stir in chocolate chips by hand.
4. Using an ice cream scoop or wet hands, roll dough into balls. Place on baking sheet. Press dough down slightly.
5. Bake for 10-12 minutes. These cookies are best when they're warm from the oven!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips

- Use another nut butter or sun butter instead of peanut butter if concerned about peanut allergies.
- These cookies are a great gluten-free dessert option!

Nutrition Facts



Nutrition Facts	
16 servings per container	
Serving size	1 cookie
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 7g Added Sugars	14%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.54mg	4%
Potassium 141mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

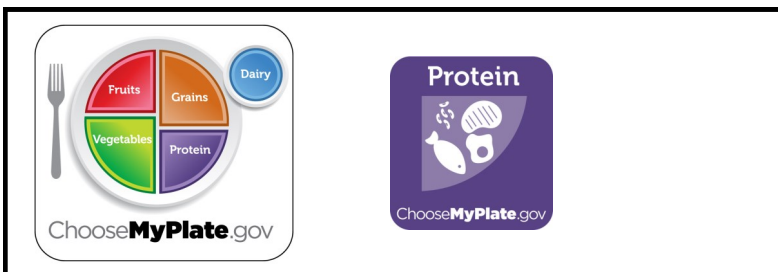
Second Harvest is an equal opportunity provider.



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