Protein Packed Chickpea Chocolate Chip Cookies

Description

Chef's Note: My daughter Emma and I love to make cookies together. I made this recipe with her to create a healthier cookie.

Total time: 30 min Yield: 2 dozen

Ingredients

2 can chickpeas (garbanzo beans) (drained & rinsed)
1 cup peanut butter (creamy)
1 egg
1/2 cup honey or agave
1 Tbsp vanilla
1/2 cup brown sugar
1/2 tsp baking powder
1/2 cup flax seed
1 cup oats
1/2 tsp cinnamon
1/4 tsp salt
1 cup dark chocolate

Prep Time: 15 min Cooking Time: 15 min Total Time: 30 min

Instructions

Preheat the oven to 350°F degrees. In a food processor add the chickpeas and peanut butter and blend on high for 1 minute. Add the egg, honey, vanilla and continue to blend for 1 to 2 minutes, scraping down the sides every minute. You want the mixture to be entirely free of any lumps. Add the brown sugar, baking powder, flax seeds, oats, cinnamon, salt, then blend for another minute until well incorporated. Stir in the chocolate chips.

Line a baking sheet with aluminum foil and coat with non-stick cooking spray. Drop rounded tablespoons of cookie dough onto a baking sheet. The cookies will spread just slightly so be sure you leave a few inches of space between each cookie.

Bake for 12 to 14 minutes until the cookies have browned on the edges. Enjoy these cookies with a glass of cold milk!

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