

Chickpea Cookie Dough Dip

You'll never guess the main ingredient in this delectable dip is the same one used to make savory hummus. This recipe is a great way to add protein and fiber to your craving for a cookie treat.

YIELD 12 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

1 (15 oz) can	Chickpeas, drained and rinsed
3 Tbsp	Oats, rolled, old-fashioned
¼ cup	Peanut Butter
2 tsp	Vanilla Extract
¼ cup	Milk, low-fat
1/3 cup	Honey
1/2 cup	Chocolate Chips



CHEF'S NOTES:

Serve with apple slices, graham crackers, or pretzels. This sweet treat satisfies your cookie craving while providing 2 grams of fiber. Adding fiber to a sweet snack helps to balance your blood sugar and keeps you feeling full between meals.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Combine all ingredients except the chocolate chips into a blender or food processor.
3. Blend on high for 1 minute. Stop and scrape down the sides, then blend for another minute on high.
4. Pour the chickpea mixture into a medium bowl and fold in chocolate chips. Refrigerate at least 10 minutes before serving.

Nutrition Facts

12 servings per container

Serving Size 1/4 cup (67 g)

Amount per serving

Calories 140

% Daily Value *

Total Fat 6g 8%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 6%

Total Carbohydrate 22g 8%

Dietary Fiber 2g 9%

Total Sugars 13g

Includes 5g Added Sugars 11%

Protein 3g 6%

Vitamin D 0.06mcg 0%

Calcium 10mg 0%

Iron 1mg 8%

Potassium 100mg 3%

*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.

