

Making it delicious

Healthy Cookie Dough Dip

THE
Open
Door

Ingredients:

- 1 can chickpeas, drained & rinsed
- 1/3 cup brown sugar*
- 1/4 cup peanut butter (or sunbutter)
- 3 Tbsp. oats (gluten-free if needed)
- 2 tsp. vanilla extract
- 1-2 Tbsp. milk
- 1/8 tsp. baking soda
- 1/8 tsp. salt
- 1/3 cup chocolate chips (mini ones work well)

*Or 1/4 cup maple syrup



Instructions:

- In a food processor or blender, combine all ingredients except chocolate chips. If you want to go lighter on the sugar, you can start with 1/4 cup, then add more later if needed.
- Blend until very smooth, stopping occasionally to scrape down the sides.
- Scoop the mixture from the food processor into a mixing bowl.
- Gently fold in the chocolate chips.
- Serve with apple slices, pretzels, or graham crackers!

Recipe adapted from: stuffparentsneed.com