

Peanut Butter Cookie Dough Dip



This recipe uses chickpeas as its base, so it's much healthier than traditional cookie dough. And my 15yo son loves it.

Ingredients:

1 can chickpeas, drained. (Save liquid from can.)
2.5T coconut palm sugar (or sub brown sugar)
1/2c peanut butter
1t baking soda
1/2t cinnamon
2t vanilla
1/3c dark chocolate chips

Directions:

1. Process all but the chocolate chips in a food processor until smooth, adding reserved chickpea liquid as needed.
2. Stir in chocolate chips at the end.
3. This will thicken after refrigerating.
4. Serve with graham crackers, pretzels, or vanilla wafers.

Tip:

To make this even creamier, if you have the time, remove the shells from the chickpeas before processing.