



Chickpea Cookie Dough Bites

Prep Time 15 mins
Total Time 30 mins
Meal Type Snack, Side
Contributed By



Source Living Plate

Servings 6



Ingredients

lb,c g,ml

- 1 1/2 cup chickpeas, canned, *drain and RESERVE FLUID* fluid is known as aquafaba
- 2 tsp vanilla extract
- 1/2 cup peanut butter, creamy
- 1/4 cup maple syrup
- 1 pinch salt (only if peanut butter is unsalted)
- 1/3 cup almond flour, fine, blanched
- 1/2 cup chocolate chips, mini, *divided*
- 1/4 tsp coconut oil, *melted*

Directions

Prep

1. Drain chickpeas and reserve fluid.

Make

1. Add chickpeas through salt to a food processor. Process until combined.
2. Add chickpea fluid [aquafaba] to separate bowl and with hand mixer or standing mixer with whisk attachment, beat until foam develops.
3. Add 1 cup of aquafaba foam to dough and pulse until combined.
4. Pulse in almond flour and 1/4 cup of chocolate chips.
5. Using an ice cream scoop [or two spoons] scoop dough onto a parchment-lined cookie sheet and place in freezer for one hour +.
6. Place 1/4 cup of chocolate chips and coconut oil in a small bowl and melt in the microwave [or stovetop] until smooth and glossy.
7. Using two forks, roll frozen bites in chocolate and return to pan. Store in the freezer until ready to eat.

Notes

These taste exactly like peanut butter cups! Feel free to top with chopped seeds, nuts, or coconut after glazing with chocolate.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

| Nutrition Facts | | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|--|------------|------------------------|----------------|--------------------------------|----------------|
| Calories per serving | 326 | Total Fat 17.4g | 26% | Total Carbohydrates 36g | 12% |
| | | Saturated Fat 5.4g | 27% | Dietary Fiber 5g | 20% |
| | | Trans Fat 0.0g | | Total Sugars 23g | |
| | | Cholesterol 0mg | 0% | Protein 9g | |
| | | Sodium 208mg | 9% | | |
| Vitamin D 0mcg 0% · Calcium 36mg 3% · Iron 1mg 5% · Potassium 270mg 5% | | | | | |

* The percent 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.

- Show all nutrients -