

# CHICKPEA CHOCOLATE CHIP COOKIES

MAKES 15: SERVING SIZE:1

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## INGREDIENTS

12 oz garbanzo beans, low sodium, drained  
½ cup light brown sugar  
1 egg  
2 tsp vanilla extract

½ tsp baking soda  
½ tsp baking powder  
½ tsp ground cinnamon  
½ tsp salt

1 + ¼ cup flour, all-purpose  
½ cup semi-sweet, mini, chocolate chips

## DIRECTIONS

1. Preheat oven to 325F for convection and 350F for conventional. Line sheet tray with parchment paper or silicon pad and set aside.
2. Blend chickpeas in a food processor until fine. Scrape the sides to make sure all the chickpeas blend. Add egg and vanilla, blend until fully incorporated, scraping the sides as necessary. Add brown sugar and blend until full incorporated. Use a rubber spatula to get all the excess chickpea mixture off the sides. Transfer the chickpea mixture to a medium sized bowl.
3. Fold in the baking soda, baking powder, cinnamon and salt. Mix with a rubber spatula until fully incorporated. Fold in the flour in small batches and mix until it becomes a dough consistency and all flour is incorporated. Add chocolate chips and mix until combined.
4. Scoop dough into 2 oz balls and place on sheet tray. Using the palm of your hand, flatten the dough balls into ½ inch discs. You may need to spray your gloved hand with cooking spray to keep the dough from sticking to the glove. Bake 8-10 minutes. They will puff up and become golden brown around the edges.

Amount per serving: **Calories 130**, **Total Fat 3g**, Sat. Fat 1.4g, **Sodium 160mg**, **Total Carbs. 23g**, Fiber 2g, **Protein 3g**

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