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Chickpea Chocolate Chip Cookies

Yield: 15-20 cookies Prep Time: 10 min. Cook Time: 11-25 min.

Ingredients

- 1 15oz. (425 g) can of chickpeas/garbanzo beans, drained & rinsed
- 1 cup (250 mL) whole grain oats
- 2 medium bananas OR 1½ cups (375 mL) unsweetened applesauce
- 2-3 Tbsp (30-45 mL)* brown sugar or honey
- 1 tsp (5 mL) vanilla
- 1 heaped tsp (7 mL) baking powder
- 1/4 cup (60 mL) dark chocolate chips**



Directions

Preheat oven to 350°F (175°C).

Put all ingredients, except chocolate chips (or substitutions), into a food processor & blend until smooth. No food processor? No problem! Use a vegetable masher to mash everything in a large bowl.

Remove blade from food processor, add chocolate chips and mix by hand.

Line an 11x17" (28x43 cm) baking sheet with waxed paper.

Scoop mixture by tablespoonfuls onto the baking sheet, flattening the cookies with the back of the spoon – it's OK if they look a little lumpy!

Bake for 11-12 minutes for small, soft cookies. Add another minute if you like them crunchy. 25 minutes for larger cookies.

Remove cookies from oven. Let them cool on the tray.

*Eliminate if applesauce is sweetened.

**Substitute chocolate with same amount of chia seeds, coconut flakes, peanut or almond butter, raisins, or craisins.

Recipe Source: RWJ Barnabas Health & MEDPRO

Photo: [Flickr.com, A Healthier Michigan](#)



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