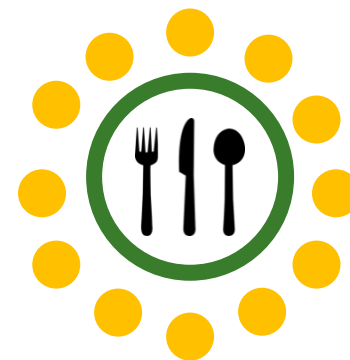


recipe of the week:

Healthy Cookie Dough Dip



ingredients:

1 ½ cup chickpeas or white beans

1/8 tsp plus 1/16 tsp salt

just over 1/8 tsp baking soda

2 tsp pure vanilla extract

1 onion powder 1/4 cup nut butter of choice (If you use peanut butter, it will have a slight pb cookie dough taste)

up to 1/4 cup milk of choice, only if needed

Sweetener of choice

1/3 cup chocolate chips

2-3 tbsp oats or flaxmeal

directions:

1. Add all ingredients (except for chocolate chips) to a good food processor, and process until very smooth. Then mix in the chocolate chips. (Some commenters have had success with a blender, but I did not. Try that at your own risk, and know the results will be better in a high-quality food processor such as a Cuisinart.) If made correctly and blended long enough, this should have the exact texture of real cookie dough!

Sweetener Notes: I used 2/3 cup brown sugar when I first made this for the party. Liquid sweeteners (agave, maple, etc.) are fine as well, as is evaporated cane juice. You can get away with less sugar— some people will be perfectly fine with just 3 tbsp for the whole recipe! And if you don't want any sugar, be sure to check out the "no-sugar" version linked above.

Presented by:

