

Chickpea cookies



40g ground almonds
3 tbsps peanut / hazelnut / cashew
butter (no added sugar)
3 tbsps acacia honey
2 tsps vanilla extract
½ tsp sea salt flakes
1 tsp bicarbonate of soda
1 x 400g tin chickpeas, drained
2 tsps cocoa powder
2 tbsps dark chocolate (minimum
70% cocoa), finely chopped

MAKES 9 COOKIES

Preheat oven to 170°C/350°F.

Line a baking tray with baking paper.

Mash or blend all of the ingredients
(except for the dark chocolate) until fairly
smooth.

Spread the mixture onto the baking tray.
Sprinkle the dark chocolate over the top
and lightly press into the mixture.

Bake for 15 minutes or until a golden
brown.

Allow to cool on a wire rack, then cut into
9 squares.

*Store in an airtight container at room
temperature for up to 4 days.*



PER COOKIE:
136 Calories
11g Carbs
5g Protein
8g Fat