

COOKIE DOUGH DIP

PREP TIME

8 hours (worth it!)

COOK TIME

10 mins

SERVINGS

6 - 8

INGREDIENTS

1 1/4 cups pitted dates
1 can chickpeas
1/8 tsp salt
1/8 tsp baking soda

1 Tbsp pure vanilla extract
1/4 cup nut butter of choice*
1/3 cup sugar free chocolate chips
2 Tbsp oats or almond flour, optional

INSTRUCTIONS

1. In a bowl, cover the dates with 1/2 cup water. Let this sit for at least 8 hours.
2. Add dates (after soaking) and soaking liquid, chickpeas, salt, baking soda, vanilla, nut butter and oats/almond flour (if using) to a food processor and process until very smooth.

5. Transfer mixture into a bowl and fold in chocolate chips. Enjoy!

*Peanut butter will give a strong peanut butter cookie dough flavor. If you want a little bit more of a neutral flavor, you can use almond butter, cashew butter, coconut butter or any of your favorites.