

# Chickpea Cookie Dough Dip

Serves 6

## Ingredients:

- 1 can chickpeas
- 1/3 cup sesame seed butter
- 1 1/2 teaspoons vanilla extract
- 2 Tablespoons agave nectar, honey, or maple syrup
- 1/3 cup chocolate chips

## Directions:

Drain chickpeas, slip off skins, and dry on paper towel.

Combine all ingredients except chocolate chips in food processor and blend until smooth and creamy.

Fold in chocolate chips.

Serve with slices of variously colored apples and/or pretzels.



Nutrition Facts	
Serving Size 1 serving (58.9 g)	
Amount Per Serving	
Calories 251	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10.0g	<b>15%</b>
Saturated Fat 2.0g	<b>10%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 13mg	<b>1%</b>
<b>Total Carbohydrates</b> 30.6g	<b>10%</b>
Dietary Fiber 6.9g	<b>28%</b>
Sugars 11.9g	
<b>Protein</b> 11.1g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 15%

\* Based on a 2000 calorie diet