

LiveWell

White bean cookies with dark chocolate chips

Yield: 12 servings



Ingredients:

- 15-ounce can cannellini beans, drained and rinsed
- ¼ cup maple syrup
- ½ cup peanut butter
- ¼ cup unsweetened applesauce
- ½ teaspoon vanilla extract
- 1 ¼ teaspoon baking powder
- ¾ cup old fashioned oats
- 3 Tablespoons dark chocolate chips

Directions:

1. Preheat oven to 350° F. Line a baking sheet with parchment paper.
2. Place beans, maple syrup, peanut butter, applesauce, vanilla extract and baking powder in food processor and process until well combined.
3. Fold in oats and chocolate chips using a rubber spatula or wooden spoon.
4. Using a cookie scoop, form 12 equal-sized cookies and place on baking sheet.
5. Bake for 15 minutes, until cookie bottoms are browned.

Nutrition information per serving:

Calories: 155	Sodium: 40 mg	Food exchanges:
Fat: 7 grams	Carbohydrates: 18 grams	2 vegetables
Saturated fat: 1.5 grams	Fiber: 4 grams	½ carbohydrate
Cholesterol: 0 mg	Protein: 5 grams	1 ½ fat