

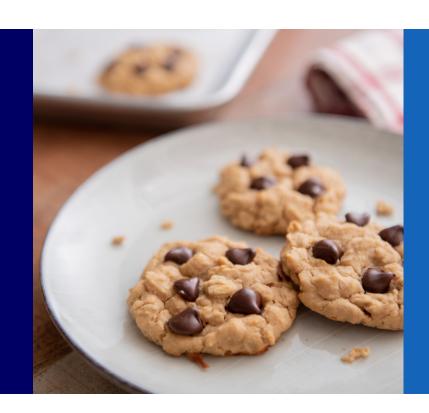
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### LiveWell

# White bean cookies with dark chocolate chips

Yield: 12 servings



# Ingredients:

15-ounce can cannellini beans, drained and rinsed

<sup>1</sup>/<sub>4</sub> cup maple syrup

<sup>1</sup>/<sub>2</sub> cup peanut butter

<sup>1</sup>/<sub>4</sub> cup unsweetened applesauce

1/2 teaspoon vanilla extract

1 ½ teaspoon baking powder

<sup>3</sup>/<sub>4</sub> 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
Fat: 7 grams
Saturated fat: 1.5 grams
Cholesterol: 0 mg

Sodium: 40 mg Carbohydrates: 18 grams Fiber: 4 grams Food exchanges: 2 vegetables 1/2 carbohydrate

Protein: 5 grams  $1\frac{1}{2}$  fat