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22

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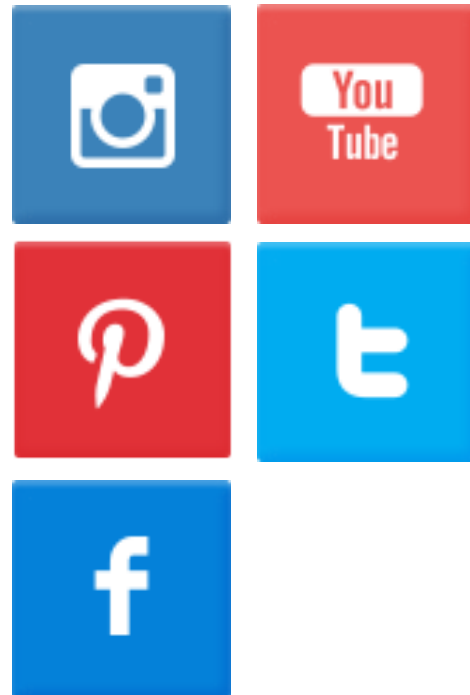
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Chickpea Cookie Dough Bites

aka Chickpea Cookies

By: Nele Liivlaid



To be honest, I haven't been happier about a recipe for ages.
Those chickpea cookie dough bites aka chickpea cookies
really are something special!

CHICKPEA COOKIE DOUGH BITES AKA CHICKPEA COOKIES

The best thing about them is that you don't even need to bake them, if you're too lazy. Still, I prefer to, because I tend to eat fewer when they're cooked.

Those chickpea cookie dough bites are excellent because they are:

- Gluten free
- Refined sugar free
- Oil free
- Low fat
- Candida diet friendly

Now then, whether you are gluten intolerant, on Candida diet, following a low fat diet or low glycemic load diet, those cookies will brighten up your day. And it'll not come in expense of your health or well-being. Be sure to check the

nutritional data below for GL points not to overeat.

The qualities of my chocolate chip chickpea cookie dough bites go even further:

- Perfect for beginners and lazy cooks
- Ideal to offer when entertaining or bring with you when visiting
- Excellent for batch cooking for a week (freeze them raw or baked)
- Awesome grab-and-go item
- Goopy and moist

Finally, you'll only need food processor, a spoon, a bowl and a sieve (to rinse chickpeas) to make those chickpea cookie dough bites aka chickpea cookies. A kitchen scale would also come handy if you want your cookies to be even-sized.





Chickpea Cookie Dough Bites aka Chickpea Cookies

INGREDIENTS:

Serves 8

- 2 cans of chickpeas (garbanzo beans)
- 2 tbsps. (40g, 1.4oz) peanut butter
- ½ tsp. Himalayan salt (less, if you use salted peanut butter and chickpeas)
- 4 tbsps. xylitol
- 1 tbsp. coconut nectar
- 2 tbsps. mesquite flour
- 2 tbsps. almond protein powder or any nut flour
- 80g (2.8oz) rolled oats
- 100g (3.5oz) oat milk
- 4 tbsps. cocoa powder (add later)
- Cocoa nibs (add later)

PREPARATION:

1. First, rinse and drain the chickpeas well.
2. Then, add all ingredients except cocoa powder and cocoa nibs into food processor and process until you have homogeneous batter. Scrape the sides as necessary.
3. Next, transfer half of the dough into a bowl and add cocoa powder to the remaining half and process again. Add an additional splash of plant milk if necessary.
4. Now, weigh about 19 gram (0.67oz) cookies and place them on baking sheet covered with parchment paper. You'll get 40 cookies if you don't eat the dough, which is quite impossible of course.
5. Shape the cookies with your hands (see tutorial video below).
6. Finally, press some cocoa nibs onto each cookie and bake them at 190°C (375°F) for 20 minutes.

Nutritional info (1 serving, i.e. 5 cookies, with about 0.3 grams of cocoa nibs per cookie): 194 kcal, 22.7g carbohydrates (65.4% of kcal), 5.75g fats (26.7% of kcal), 9.19g protein (19% of kcal), 7.35g fibre, 66.7mg sodium, and 12 GL points.

Tips on my vegan chickpea cookie dough bites aka chickpea cookies:

- Use any kind of sweetener instead of xylitol, if you're not on Candida diet.
- Should you be on Candida cleanse phase, ditch the coconut nectar and add more xylitol or stevia if necessary.
- Any nut butter can be used in place of peanut butter. However, I wouldn't recommend dark tahini for its bitter taste.



- You can add lucuma powder or yacon powder instead on mesquite or replace it with any nut flour, i.e. peanut or coconut.
- If you don't have coconut nectar, use agave or maple syrup or date paste instead. Alternatively go for more xylitol.
- Now, those cookies are quite sweet to my taste, so feel free to add less of the sweeteners.
- Feel free to use dark chocolate chips instead of cocoa nibs.

Learn how to make some of my recipes on my [YouTube channel!](#)

Video Placeholder
Internet Connection Required



ABOUT THE AUTHOR

Nele has been into healthy eating for many years, but developed a more profound interest in nutrition when she started reading The China Study. She decided to totally change her path to help others with her recipes and meal plans. She is also a Plant-Based Nutrition Certificate graduate from eCornell and author of Plant-Based Made Easy: Complete Practical Guide to Transitioning to Healthy Whole Food Diet nutriplanet.org/plant-based-made-easy-book/

