

# Cookie Dough Dip

Serves 4-6



VEGETARIAN



## Ingredients

- 1 ½ cups chickpeas or white beans (1 can, drained and rinsed very well)
- 1/8 teaspoon salt
- just over 1/8 teaspoon baking soda
- 2 teaspoons pure vanilla extract
- ¼ cup nut butter of choice
- Up to ¼ cup nondairy milk, if needed to thin
- ¼ - ½ cup brown sugar, to taste
- 1/3 cup chocolate chips
- 2-3 tablespoons oats or flax meal

## Directions

1. Add all ingredients (except for chocolate chips) to food processor, and process until very smooth. Stir in the chocolate chips and serve with sliced apples or graham crackers.

## Notes

Recipe source: [Chocolate Covered Katie](#)

To make this recipe vegan and dairy-free, use vegan chocolate chips.

To make this recipe gluten-free, use flax meal instead of oats, or certified gluten-free oats.

Recipe from [Healthier Holiday Treats cooking class, Fall 2017](#)