## **INGREDIENTS**

- 1 can Chickpeas
- 1 cup Dates, chopped
- ¼ cup Nut Butter
- 1 tsp Vanilla Extract
- 1/8 tsp Salt
- 1/3 cup Dark Chocolate Chips

## DIRECTIONS

- 1. Drain and rinse chickpeas.
- 2. Add chickpeas, dates, nut butter, vanilla and salt into a food processor.
- 3. Blend until very smooth.
- 4. Light mix in chocolate chips and chill for 1-2 hours before serving.
- 5. Serve with fresh fruit, graham cracker or enjoy by itself.



## Recreation and Wellness Center

UNIVERSITY OF COLORADO COLORADO SPRINGS



## **Chickpea Cookie Dough Dip**

Dairy-Free | Gluten Free | High Protein | Vegetarian | Vegan

Yield: 5 Servings Prep Time: 10 Min Cook Time: 5 Min