



## Chickpea Chocolate Chip Cookies

Recipe Adaptation by Maria Noël Groves, Wintergreen Botanicals [www.wintergreenbotanicals.com](http://www.wintergreenbotanicals.com)

*This recipe is based on the Detoxonista blog recipe with some adaptations. I prefer it with buckwheat flour that I grind in a bullet from whole raw buckwheat, but oat flour works, too (which you can grind from oatmeal). The Concord Co-op sells nice chickpeas to cook from dry that don't take forever and taste good. I soak and cook my own beans (it's better if you let them get a bit mushy).*

*I've been playing around with turning these cookies into other flavors - adding spices to the dough, dried cherries or crystalized ginger in place of chickpeas. I like chocolate chips best, but feel free to experiment. I hear peanut butter is really good with chickpeas but haven't tried it due to allergies.*

### **Ingredients:**

- 2-2.5 cups well-cooked chickpeas (or 1 can), drained
- 1/2 cup raw buckwheat (preferred) or oat flour\*
- 1/2 cup brown sugar (not packed)
- 3 tablespoons melted coconut oil
- 1 tablespoon coconut mana (aka coconut butter), optional but delicious
- 1 tablespoon or more vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon raw apple cider vinegar
- 3/4 cup chocolate chips (I'm a fan of Equal Exchange)

\* Grind your own flour from whole raw (not toasted) buckwheat or oatmeal in a bullet grinder.

The original recipe calls to bake it at 350 for 18 minutes; however, I find mine are still a bit raw inside. I'm still tinkering with the perfect cooking temp and time but generally prefer a lower temp to give more time for the middle to cook. They're done with the tops and bottoms start to get golden.

Preheat the oven to 310. Line a baking sheet with parchment paper.

Puree chickpeas in the food processor or blender until smooth. Add liquid ingredients and blend. Add the dry ingredients except the chips and blend again. Then stir in the chips. Drop the batter onto the baking sheet. This makes about 20 small cookies or 8-10 large ones.

Bake for 20-35 minutes or until they begin to get golden. (I find it actually takes 40-50 minutes. Sometimes I crank the heat to 375 at the very end for 5-10 minutes to brown them a bit.) Let cool (I like to let them cool in the warm oven since the middles are usually still a bit doughy). They have the best consistency once they have mostly cooled but are still warm. If stored on the counter, they are still nice but somewhat cake-y in texture. For a more chewy, hard cookie, store and eat them straight from the freezer.



## Roasted Chickpea Snacks

Recipe by Maria Noël Groves, Wintergreen Botanicals [www.wintergreenbotanicals.com](http://www.wintergreenbotanicals.com)

*This makes a tasty, high-protein, high-fiber, gluten-free salty snack. They're best straight from the oven (where, kind of like French fries, the outside is crispy and the inside is soft). If you let them cool on the pan, they'll get hard and crunchy, more like a corn nut, and are relatively shelf stable in a tightly sealed jar for an on-the-go snack. Try them on top of salads in place of nuts and croutons, too.*

*Feel free to play with different seasoning combinations. I love using turmeric and rosemary – it tastes good, and you'd be surprised how much turmeric you can put on them! But this will make the chickpeas stain your hands and whatever they touch yellow. So it might be more convenient as an on-the-go hand snack to skip the turmeric.*

**Ingredients:**

2 cups well-cooked chickpeas (or 1 can), drained

1-2 tablespoons extra virgin olive oil

1 tablespoon lightly crushed or chopped rosemary (fresh or dry)

1 teaspoon turmeric powder

Salt, to taste

Crushed red pepper, to taste

Combine all the ingredients in a heavy-bottomed pan, stir well to combine. Roast at 350 degrees until golden. Eat immediately or let cool on the pan to snack on later. If thoroughly cooked and dried (no soft middles), it will keep for a few weeks in a tightly closed jar at room temperature.