

## Peanut Butter Cookies

### Ingredients

8 oz (one drained can) of chickpeas, rinsed and patted dry  
3/4 cup creamy peanut butter (you may also use sun butter, tahini or nut butter of your choice)

¾ cup brown sugar  
2 tsp vanilla extract  
1 tsp baking powder

### Equipment

Food processor  
Rubber spatula  
Measuring spoons and cups  
Sheet pan or cookie sheet

Parchment paper  
Stove— have adult help

### Directions

1. Preheat the oven to 350F and line a cookie sheet with parchment paper.
2. Combine the chickpeas, peanut butter, sugar, vanilla extract, and baking powder in a food processor and process until the mixture becomes smooth.
3. With your hands and divide the mixture into 12 equal dough balls and shape into a rough cookie shape.
4. Place the cookies onto the baking tray. Bake in the oven for approximately 13 minutes. They will still be very soft. Leave to cool on a wire rack and store in an airtight container for 3-4 days.

😊 Children can measure and dump the ingredients into the food processor. Older children can operate the food processor. Allow everybody to use their hands to roll dough into small balls – have younger children practice their counting skills. Check the italicized portions of the recipe for things to have the kids to do.

🍏 Health benefits: Still a cookie and to be enjoyed in moderation this version is lower in sugar than other homemade cookies. They also have the benefit of heart healthy fats, fiber, and protein. They are lower in salt and preservatives than most store-bought cookies.