

# GINGERBREAD CHICKPEA PEANUT COOKIES

*Healthy and wholesome gingerbread chickpea peanut cookies are high in protein, high in fiber, and sweetened only with dates. Vegan and gluten-free.*

## HEALTHY GINGERBREAD COOKIES

These gingerbread chickpea peanut cookies are high in protein, high in fiber, and sweetened only with dates.

Enjoy these super soft cookies for breakfast with a glass of plant-based milk or a cup of coffee. Or have them as a healthy snack or as an afternoon pick-me-up. The cookies are gluten-free, vegan, grain-free, and soy-free.

## MEET THE INGREDIENTS

*You can find instructions and the exact measurements in the recipe card below.*

This is what you'll need to make it:

- Dates
- Cooked chickpeas
- Almond milk
- Chunky peanut butter
- Dry roasted peanuts
- Coconut flour
- Baking powder
- Gingerbread spice mix (optional)

# HOW TO MAKE GINGERBREAD CHICKPEA PEANUT COOKIES

*You can find instructions and the exact measurements in the recipe card below.*

## COOKIES

### STEP 1

Preheat oven to 180 °C. Line a baking sheet with a non-stick baking paper.

Mix dry ingredients in a bowl: 50 g ground and 50 g chopped peanuts, coconut flour, baking powder, and gingerbread spices.

### STEP 2

Place chickpeas, 1 tablespoon almond milk, chunky peanut butter, and dates (drain them well before adding) into a high-speed blender and blend until you get a relatively smooth paste.

### STEP 3

Transfer the paste to a bowl with dry ingredients. Mix the ingredients with a hand mixer until the dough begins to stick together and all is well combined. Taste and adjust flavors as needed.

### STEP 4

Form the dough into small cookies using your hands or by pressing the dough out on parchment paper and using a cookie cutter. My cookie cutter measures approx. 5 cm in diameter (1.5-2 cm in height). Shape cookies and put them on the baking sheet.

### STEP 5

Bake for approx. approx. 20minutes (depending on the size of

the cookies). Remove the cookies from the oven and leave them to cool down completely.

## **CHOCOLATE FROSTING**

### **STEP 1**

Melt the chocolate in a medium pot over low heat. Stir until smooth. Let it cool down a bit.

### **STEP 2**

Add coconut cream, melted chocolate, and agave to the blender and blend until smooth and silky.

### **SERVING SUGGESTION**

Thinly frost cookies with chocolate frosting.

### **NOTE ON COCONUT CREAM**

Chill full-fat canned coconut milk in the refrigerator overnight so that you can easily separate cream from the liquid. The cream should be firm enough so that you can scoop it out with a spoon.

## **GINGERBREAD CHICKPEA PEANUT COOKIES ARE:**

- Vegan
- Gluten-free
- Dairy-free
- Soy-free
- Grain-free
- Nutrient-packed
- Protein-rich
- High in fiber
- Soft