

CHOCOLATE CRANBERRY BEAN COOKIES



Ingredients

1 ½ c cranberry beans, canned
or cooked dried beans
2 tbsp olive oil
2 tbsp peanut butter
2 tbsp milk
½ c sugar
5 tbsp cocoa powder
3 tbsp all-purpose flour
1 tsp cinnamon
1 tsp baking powder
¾ tsp salt

Directions

Preheat oven to 375 degrees

Rinse and drain beans if using canned.
Set aside 48 beans for decoration.
In a food processor combine beans,
olive oil, peanut butter, milk and sugar.
Blend until smooth.

Add cocoa powder, flour, cinnamon,
baking powder and ¾ tsp salt, blend
until smooth.

Scoop 16 cookies onto a baking sheet
lined with parchment paper, bake for
10 minutes. Cookies will be slightly soft,
Decorate with reserved beans.
Leave on sheet pan 10-15 minutes to set
up before moving to cooling rack

Nutritional Information

Calories per serving 676

Total Fat 25g

Saturated Fat

Cholesterol 2mg

Sodium 1131 mg

Total Carbohydrates 104g

Dietary Fiber 20g

Protein 21g

Servings 8