

Foodnity Recipes

Soft Chocolate Chip Chickpea Cookies

15 min Prep time	**12 min** Cook time	**27 min** Total time
24 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 can (15 oz) chickpeas, drained and rinsed
- [ ] 1/4 cup unsalted butter, melted (or coconut oil)
- [ ] 1/4 cup maple syrup
- [ ] 1 tsp vanilla extract
- [ ] 1 cup almond flour (120 g)
- [ ] 1/2 tsp baking powder
- [ ] 1/4 tsp sea salt
- [ ] 1 cup dark chocolate chips (170 g)
- [ ] 1 tbsp ground flaxseed (optional)
- [ ] 1 tbsp chia seeds (optional)

Instructions

1. First things first, let's get that oven warming up to 400°F (200°C). While it's heating, go ahead and line your baking sheet with some parchment paper so nothing sticks—it just makes life easier, honestly.
2. Pop those drained chickpeas into your blender. Give them a few pulses just until they're almost smooth; you don't need them perfect yet, just mostly broken down.
3. Now, pour in the melted butter, maple syrup, and that lovely vanilla extract. Blend it all together again until the mixture feels silky smooth. It's a bit surprising how creamy it gets, yeah?
4. In a nice large bowl, whisk together your almond flour, baking powder, and sea salt. Just a quick stir to make sure the leavening is spread evenly.
5. Pour that smooth chickpea mixture right into your dry ingredients. Use a wooden spoon to stir it all together until it's just incorporated—don't overwork it, just a gentle mix.
6. Fold in those dark chocolate chips, flaxseed, and chia seeds. I always reserve a few chocolate chips to sprinkle on top at the end; it just looks so much more inviting.
7. Drop heaping tablespoonfuls of the dough onto your prepared sheet. Gently press each little ball flat until they're about 1/2 inch thick. They don't spread much on their own, so this part is key.
8. Bake them for 12–14 minutes. You're looking for edges that are set, but the centers should still look soft and a little bit glossy. Wow, the smell in the kitchen right now is just wonderful.

Nutrition per serving

145 kcal	4 g	15 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- The chickpeas provide a wonderful protein boost without changing the flavor much.
- Almond flour keeps these tender and naturally gluten-free.
- Using maple syrup instead of refined sugar gives a softer, more grounded sweetness.