

Double Chocolate Surprise Cookies

Makes 24 cookies

These tasty treats are higher in protein than most cookies. They even provide a good dose of iron and zinc! The surprise ingredient is black beans! To add a little pizzaz, top each cookie with a pecan half before baking or drizzle with 1-2 ounces melted chocolate after baking and cooling. The dates may be replaced with ½ cup (125 ml) of maple syrup.

Ingredients

1 cup (250 ml) soft pitted dates, packed
1½ cups (375 ml) cooked or canned black beans, rinsed and drained
½ cup (125 ml) peanut butter, nut butter, or seed butter
¼ cup (60 ml) cocoa powder
3 tablespoons (45 ml) hempseeds
2 tablespoons (30 ml) ground flaxseeds
1 teaspoon (5 ml) pure vanilla extract
½ teaspoon (2 ml) salt
½ cup (125 ml) coarsely chopped walnuts
½ cup (125 ml) dark chocolate chunks or chips

Instructions

Preheat oven to 350 degrees F (177 degrees C).

Steam dates to soften, if they are hard.

Line 2 cookie sheets with silicone mats, parchment paper, or spray.

Put the black beans, dates, peanut butter, cocoa powder, vanilla extract, hempseeds, ground flaxseeds, and salt in a food processor and process until smooth. Add walnuts and chocolate chunks and pulse just to distribute evenly through the dough. Form the dough into balls using a heaping tablespoon of dough per ball.

Put 12 balls on each cookie sheet. Flatten slightly so cookies are about 1/3 inch (1 centimeter) thick. Bake for 12 to 14 minutes or until very lightly browned on the bottoms. Cool and store in an airtight container. Keep out just enough cookies to last two or three days and freeze the rest.

Chef's Tip: A 14 or 15 ounce can of beans provides 1½ cups (375 ml). A 19 ounce can of beans provides 2¼ cups (560 ml).

Per 2 cookies: Calories: 229, Protein: 7 g, Fat: 14 g, Carbohydrate: 25 g, Dietary fiber: 5 g
Minerals: Iron: 1.7 mg, Zinc: 1.3 mg, Calcium: 31 mg, Sodium: 129 mg
Percent of calories from: Protein 12%, Fat 49%, Carbohydrate 39%

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