

Selah V. Fitness - Recipes

HEALTHY COOKIE DOUGH

INGREDIENTS

1 1/2 c. Chickpeas or White Beans (1 can, drained and rinsed very well) (250g after draining)
1/8 tsp. plus 1/16 tsp. Salt
tiny bit over 1/8 tsp. Baking Soda
2 tsp. Pure Vanilla Extract
1/4 c. PB2
up to 1/4 c. Almond Milk
2/3 c. Xylitol or Erythritol (or sweetener of choice)
3 packets NuNaturals Stevia
1/3 c. Lily's Stevia-Sweetened Chocolate Chips (or see below for Sugar Free Chocolate Chip recipe)
2 to 3 Tbs. Oats (Ground flax will also work)

DIRECTIONS

Add all ingredients (except for chocolate chips) to a good food processor (not blender), and blend until very smooth. Then mix in the chocolate chips. If made correctly and blended long enough, this should have the exact texture of real cookie dough!

SUGAR FREE CHOCOLATE CHIPS

INGREDIENTS

1/2 c. plus 1 Tbs. Cacao or Cocoa Powder
4 Tbs. Unrefined Coconut Oil (melted)
2 Tbs. Sugar Free Maple Syrup such as Nature's Hollow Xylitol Syrup
optional: 1 extra Tbs. Oil or Water, if it needs to be thinner

DIRECTIONS

Combine coconut oil with syrup. Stir, then add the cacao powder. Stir until it gets thick. Pour into any flat container (or candy molds or smush between layers of wax paper or in ziploc bags). Freeze until solid, then chop them up for healthy 100% sugar-free chocolate chips!