



Webinar Series Recipes

Rich Chocolate Black Bean Cookies

Makes 10 large cookies

Ingredients

- 1 15-ounce can black beans, drained, rinsed, dried
- ½ cup nut butter of choice
- ⅓ cup pure maple syrup
- ¼ cup cocoa powder (not Dutch process)
- 1 ¼ tsp baking powder
- Pinch of salt
- 2/3 cup chocolate chips

Instructions

1. Preheat your oven to 350 degrees and line a baking sheet with parchment paper.
2. Combine all the ingredients, except chocolate chips, in a food processor or blender. Mix until the mixture comes together into a ball of dough.
3. Stir in the chocolate chips.
4. Split the dough into 10 balls and flatten onto the cookie sheet. The cookies won't spread, so don't worry if they are close.
5. Bake the cookies for 8 minutes, or until the cookies are set and there are small cracks on the top. Cool on the cookie sheet for at least 15 minutes before removing and serving.

To learn more about Culinary Health and to register for upcoming sessions, scan here:

