

NO BAKE COOKIE DOUGH PEANUT BUTTER CUPS

Adapted from: <https://chocolatecoveredkatie.com/2016/08/08/homemade-peanut-butter-cups-cookie-dough/>

Yields: About 20 mini cups

INGREDIENTS:

- 1 can (or 1 1/2 cups cooked) white beans or chickpeas
- 2 tsp pure vanilla extract
- 1/4 cup peanut butter or allergy-friendly sub
- 1/2 cup pure maple syrup, honey, or agave
- 1/2 cup quick oats or flax
- 1/4 tsp salt
- Heaping 1/8 tsp baking soda (this gives a cookie dough flavor)
- 6 oz melted chocolate chips + optional 2 tsp oil
- Optional: mini chocolate chips

MATERIALS NEEDED:

- Muffin Tin
- Muffin Liners
- Pot
- Glass Bowl (to melt chocolate)
- Measuring Cups

INSTRUCTIONS:

1. Make the cookie dough: Drain the beans, rinse very well, and pat dry. Process all the ingredients except for the chocolate, oil, and chocolate chips until smooth. Stir in handful of mini chocolate chips if desired.
2. Melt the chocolate so it doesn't burn. Stir in optional oil for smoother chocolate sauce.
3. Add 1 tsp chocolate sauce to the bottoms of the cupcake liners, then freeze about 5 minutes to set.
4. Add about 1 – 2 tsp cookie dough dip on top of the hardened chocolate, then add 1 – 2 tsp more chocolate, and immediately freeze.



Brought to you by the
Student Health Advocate Program
SHA.UCSD.EDU | 858.534.1824
Follow us @UCSDSHA



