



Cookie Dough Dip

Servings 6 | Prep time 5 mins. | Total time 10 mins.

Equipment: Gallon Zip-Close Bag, Measuring Cups and Spoons

Utensils: N/A

Ingredients

1 15.5 ounce can no salt added white beans (navy beans or Great Northern beans), drained and rinsed
1/8 teaspoon salt
1/8 teaspoon baking soda
2 teaspoons vanilla extract (regular or imitation)
1/4 cup peanut butter or other nut butter
1/4 cup low-fat milk
1/4 cup honey
3 tablespoons quick oats
1/3 cup chocolate chips

Instructions

1. Before you begin wash your hands, surfaces, tops of cans, and utensils.
2. Add all ingredients except chocolate chips to gallon zip-close bag. Squeeze the contents of the bag together until it forms into a smooth even texture and beans have broken down.
3. Open bag and add chocolate chips. Squeeze to mix in.
4. Serve with sliced fruit. Refrigerate any leftover dip for up to 5 days.

Nutritional Information:

Calories 280
Total Fat 9g
Sodium 90mg
Total Carbs 32g
Protein 10g