



# Cookie Dough Dip

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

## Equipment:

Gallon zip-close bag

## Utensils:

Measuring cups and spoons

## Ingredients

1 15.5 ounce can no salt added white beans (navy, Great Northern, cannellini, etc.), drained and rinsed

1/8 teaspoon salt

1/8 teaspoon baking soda

2 teaspoons (regular or imitation) vanilla extract

1/4 cup peanut butter OR nut butter

1/4 cup low-fat milk

1/4 cup honey

3 tablespoons quick-cooking 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