



Cookie Dough Dip

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

Equipment:

Gallon zip-close bags

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