



# Healthy Treats

## Protein-Packed Cookie Dough Bites

### Ingredients:

- 1 can chickpeas, drained and rinsed
- 1/8 cup rolled oats
- 3 TBSP smooth peanut butter/almond butter
- dash of cinnamon
- 1 tsp vanilla extract
- 2 scoops vanilla protein powder
- 1/4 cup pure maple syrup
- dash of sea salt
- 1 TBSP chia seeds
- a few drops of liquid stevia
- dash of almond milk, as needed for texture/blending
- 3-4 TBSP raw cacao nibs



### Directions:

1. Blend all ingredients, except cacao nibs, in a food processor until smooth.
2. Once batter is smooth, mix in cacao nibs.
3. Roll batter into small, bite-sized balls and place in Tupperware. Repeat with all balls (make about 18) and refrigerate or freeze until used. Enjoy!

**\*Makes 18 bite-sized balls**

**\*Fun fact:** This recipe is great for when your sweet tooth strikes and you want a guilt-free treat full of protein. Stick to just 1 or 2 of these small bite sized treats. Enjoy in moderation!



**Written by Caroline Waters, RDN**