

# Bean Cookies

Makes 30 cookies | Protein • Grains

## Ingredients

- 2 cups oatmeal
- 1 cup all-purpose or whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ cup brown sugar
- 1 15-ounce can white kidney beans or garbanzo beans (chickpeas)
- 2-4 Tablespoons water (for blending)
- ¼ cup butter
- 1 cup chocolate chips

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F. Spray a cookie sheet with cooking spray. You can add a layer of tin foil to help prevent sticking.
3. Blend beans in a blender. Add water a Tablespoon at a time to help the blender work smoothly. If you don't have a blender, you can mash the beans with a fork, or other kitchen tool, or smash them in a bag using a rolling pin.
4. Add all ingredients to beans except chocolate chips. Blend or stir together well until mixed.
5. Fold in chocolate chips. Mix well.
6. Scoop batter into small cookies. Bake for 10-12 minutes, or until lightly browned.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyocnp.org/> | [cnp-info@uwo.edu](mailto:cnp-info@uwo.edu)

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