

A JOCK'S GUIDE

Ep. 12: Healthy Gluten-Free Chocolate Fudge Cookies

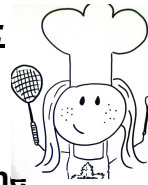
Source: www.damyhealth.com and Amy Layne

Ingredients:

2 tbsp coco powder (all natural – no sugar added)
½ cup peanut butter (or almond butter, cashew butter or tahini butter)
¼ cup agave + 2 tbsp (or for no-sugar use Stevia)
1 can chickpeas rinsed and drained
5 dates
2 tbsp ground flax
1 tbsp vanilla extract
1 tsp baking powder
dash of cinnamon
1/2 cup egg whites
1/3 cup toasted coconut unsweetened

Game Day Strategy:

If you don't have a food processor, put your chickpeas in the microwave for a minute or two to soften them up. It'll make for easier blending!



Directions:

1. Preheat oven to 350°.
2. Combine all ingredients EXCEPT the coconut with a food processor. If you don't have one, use a blender or smoothie wand.
3. Toast 1/3 cup coconut over medium heat until golden brown.
4. Pulse the coconut into your mixture if you have a processor, or simply just stir it in otherwise. 😊
5. Evenly space spoonfuls of mixture onto a parchment paper lined cookie sheet or stoneware cookie tray.
6. Bake for 22 – 26 minutes (depending on your oven!)