



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Peanut Butter Chocolate Chip Date Cookies

Ingredients:

- 3/4 cup rolled oats
- 1/4 cup peanut butter
- 8 pitted Deglet Nour dates
- 1/2 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 3 to 4 tablespoons water
- 1/3 cup chocolate chips

Serves 20

64 calories, 3 g fat, 1 g saturated fat, 9 g carbohydrate, 1 g fiber, 2 g protein, 14 mg sodium

Source: Academy of Nutrition and Dietetics

Directions:

1. Preheat oven to 350° F.
2. Lightly grease a cookie sheet or line with baking paper.
3. In a food processor add oats, peanut butter, dates, vanilla and cinnamon. Process until well-ground, approximately 30 seconds. Mixture should resemble uniform coarse crumbs.
4. While continuing to process, add water 1 tablespoon at a time until dough forms. When one large ball of dough forms while your machine is running, your processing is done. That means your dough is sticky enough to hold together and not crumble apart.
5. Transfer the dough to a bowl and mix in chocolate chips.
6. Use a teaspoon or 1-inch scoop to create 1-inch balls. Level the bottom of each dough ball to form a little dome. Place 2 inches apart on a cookie sheet. Bake for 10 to 12 minutes. Cookie are done when the chocolate chips are just melted, the cookie is warmed throughout and the top is only slightly toasted.
7. Let cool before eating.



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