

Healthy Choc-Chickpea Cookies With Nut Topping

12-18 cookies (depending on size)

🕒 30 minutes

●●● level of difficulty



Ingredients

1 can of chickpeas (equivalent to 400 g/ drained weight 240 g)

200 g nut butter (e.g. peanut butter)

50 ml honey (alternative: maple syrup)

1 pkg. vanilla sugar

some vanilla pulp

1 tsp. baking powder

1 sachet **spermidineLIFE® Boost+**

100 g dark chocolate drops

For the topping:

Some chocolate icing

1 sachet spermidineLIFE® Boost+

50 g chopped hazelnuts

1 Sachet **spermidineLIFE® Boost+**

Preparation

Drain the chickpeas and finely puree them in a mixer. Add nut butter, honey, vanilla sugar and pulp as well as baking powder and blend again. Finally, stir in one sachet of **spermidineLIFE® Boost+** and fold in the chocolate drops. Form balls of the dough and place them on a baking tray lined with baking paper. Flatten the dough balls slightly and bake in a preheated oven at 180 °C hot air for ten to twelve minutes. Allow to cool. Melt the chocolate glaze, stir in **spermidineLIFE® Boost+** and glaze the cooled cookies with it. Garnish with chopped hazelnuts.