

# Zero Waste Cinnamon Apple Chickpea Cookies

Prep Time	5 mins
Total Time	20 mins
Meal Type	Snack
Contributed By	No Waste Nutrition
Source	From <a href="#">No Waste Nutrition</a>
Servings	8



## Ingredients

lb,c g,ml

- 1 1/2 cup chickpeas, *drained and rinsed*
- 1/2 cup unsweetened apple sauce
- 1/4 cup maple syrup
- 1 tsp baking powder
- 1/4 cup old-fashioned rolled oats
- 1 Tbs cinnamon
- trail mix

## Directions

### Prep

1. Preheat oven to 350F and oil baking sheet (or line with parchment paper or silicone baking sheet)

### Make

1. Add chickpeas and all other ingredients except trail mix into a high speed food processor. Process until smooth up to 2 minutes, wiping down the blender sides if needed. Fold in trail mix.
2. Spoon batter onto baking sheet. Smooth out the cookies with the back of a spoon or an oiled finger (note: the mixture will be a bit sticky, but will harden up as it bakes)
3. Bake for 15-16 minutes or until lightly browned and set. Let cool and store in a refrigerated container.

## Notes

I used homemade apple sauce, but store bought will work as well.

If gluten free, ensure the oats come from a certified gluten free manufacturing facility. Oats are naturally gluten free, but are often contaminated during process.

The trail mix I used was simply leftover mixed nuts and dried cranberries I found in my pantry. Any trail mix combo or just plain nuts would be great too.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>105</b>	<b>Total Fat</b> 2.8g	4%	<b>Total Carbohydrates</b> 18g	5%
		Saturated Fat 0.4g	2%	Dietary Fiber 2g	9%
		Trans Fat 0.0g		Total Sugars 9g	
		<b>Cholesterol</b> 0mg	0%		
		<b>Sodium</b> 142mg	6%	<b>Protein</b> 3g	
Vitamin D 0mcg 0% · Calcium 32mg 3% · Iron 1mg 3% · Potassium 102mg 2%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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