



Chickpea Chocolate Chip Pecan Protein Cookies

These chocolate chip pecan protein cookies are soft, satisfying, lightly sweet, and full of rich chocolate bites with a little pecan crunch. They have that cozy cookie feeling, but they're made with real-food ingredients and enough substance to feel like more than a quick sugar hit in cookie costume.

These are flour-free, oil-free, dairy-free, naturally sweetened, and finished with a little sea salt on top, which makes the chocolate pop and gives the cookie that sweet-salty thing we all pretend not to care about until it shows up and improves everything.

They are great when you want something sweet but still want it to feel grounded, filling, and worth eating. Not a fake "healthy cookie" that tastes like regret and cardboard. A real cookie. Just made better.

Watch the full demo on my YouTube channel.

Choose organic ingredients whenever possible.

Ingredients

1 can chickpeas, drained and rinsed
1/2 cup almond butter with no added sugar
1/4 cup date syrup
1 teaspoon vanilla powder
1/2 teaspoon baking soda
Pinch Redmond's Sea Salt, plus more for topping the cookies
1/2 cup dark chocolate date-sweetened chips (I like Just Date brand)
1/4 cup pecan pieces

Instructions

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Add the chickpeas, almond butter, date syrup, vanilla powder, baking soda, and a pinch of sea salt to a food processor. Process until the mixture is smooth and well blended, scraping down the sides as needed.

Transfer the dough to a bowl and stir in the dark chocolate chips and pecan pieces.

Wet your hands, then scoop the dough into large balls. Place them on the prepared baking sheet and gently press each one down to flatten into a cookie shape.

Sprinkle the tops with a little Redmond's Sea Salt before baking.

Bake for 12 to 15 minutes, depending on the size of the cookies. The cookies should be set on the outside but still soft in the center.

Let the cookies cool on the baking sheet for a few minutes before moving them. They will firm up more as they cool.

Store the cookies in the fridge.

Bon appetit.