

Chickpea Choc Chip Cookies

Makes 12 cookies



INGREDIENTS

- ¼ cup coconut oil, melted & cooled
- ¼ cup tahini
- ¼ cup packed brown sugar
- ½ tbsp honey
- 1 egg, at room temperature
- 1 egg yolk, at room temperature
- 1 tsp vanilla extract
- 1½ cups chickpea flour
- ½ tsp baking soda
- ½ tsp salt
- 2/3 cup chocolate chips
- Coarse sea salt, to finish

INSTRUCTIONS

- 1 **Preheat oven to 180°C.** Line a baking tray with baking paper.
- 2 **Mix wet ingredients.** Whisk together coconut oil, tahini, brown sugar, honey, egg, egg yolk and vanilla until smooth and creamy.
- 3 **Mix dry ingredients.** In a separate bowl, whisk together chickpea flour, baking soda and salt.
- 4 **Combine.** Add dry to wet and mix until well combined. Fold through chocolate chips.
- 5 **Shape.** Scoop dough into balls on the lined tray. Lightly flatten the tops.
- 6 **Bake.** Bake 10–15 minutes until edges are lightly golden.
- 7 **Finish.** Sprinkle with sea salt whilst still hot, then cool on a wire rack.

■ Why Chickpea Flour?

Chickpeas are rich in iron and folate, and support breastmilk production by influencing prolactin and the hormonal pathways involved in milk production. For this reason they are considered a 'Galactagogue' (a food, herb or substance that helps increase breastmilk production). Chickpeas also support the nutritional demands of pregnancy and breastfeeding as they are nutrient dense. Ps. Tahini is also a galactagogue - double whammy!