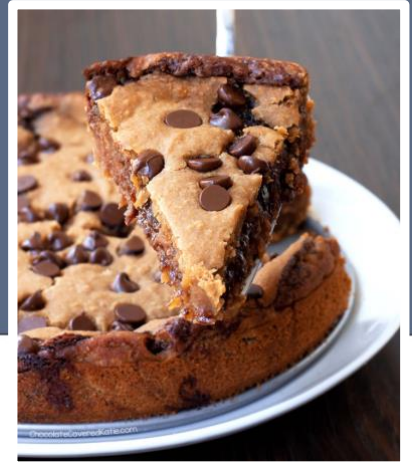


# HEALTHY DEEP DISH COOKIE PIE



HEALTHY EATING SERIES  
COMPLIMENTS OF SFG

## Ingredients

2 cans white or garbanzo beans, drained and rinsed  
1 cup quick oats or almond flour  
2 cups pitted dates  
¼ cup brown or unrefined sugar  
2 tsp baking powder  
¾ tsp salt  
½ tsp baking soda  
¼ cup applesauce or mashed banana  
3 tbsp oil or ¼ cup nut butter  
2 tsp pure vanilla extract  
1 cup chocolate chips (we recommend dark chocolate)

## Nutrition

This pie is incredibly more nutrient-dense than the typical cookie pie.

Oats are high in *fiber*, *iron* and *magnesium*. Beans pack *protein* and additional *fiber* and *iron*.

Nut butter contains *heart-healthy unsaturated fat*. The use of applesauce or mashed banana limits refined sugar, which is another plus!

Preparation time

10 min

Cook time

35 min

Total time

50 min

Servings

1 pie

## Description

It's hard to believe that this healthy version of cookie pie could taste as good as the original! We remove the usual butter and white flour and replace them with healthy ingredients that pack beneficial fiber and protein. The best part is that your family won't even know the difference!

## Directions

1. **Preheat:** Set the oven to 350 degrees Fahrenheit. Grease a 10-inch springform pan (or two 8-inch round pans).
2. **Combine:** Combine all dry ingredients (except chocolate chips) and, in a separate bowl, all wet ingredients.
3. **Blend:** Place a third of the dry and a third of the wet ingredients in a food processor. Blend until very smooth (no date pieces should be seen). Scoop out into a bowl and repeat twice with the rest of the ingredients.
4. **Mix in Chocolate:** Stir in the chocolate chips.
5. **Bake:** Pour the mix into the pan(s) and bake for 35-40 minutes. Let it stand for 15 minutes before removing.

## Notes

**Food Processor vs. Blender:** The taste and texture may be compromised if you use a blender (unless you have a high-quality blender that can double as a food processor).

**Ingredients:** We like to have others taste the cookie pie *before* revealing the ingredients!

*Original Source: This recipe was adapted from [Chocolate Covered Katie](#).*