

COOKIE DOUGH BITES

adapted from averiecooks.com

Yield: about 12 bites

Prep Time: 10 minutes (+30 minutes if soaking oats)

Cook Time: 0 minutes

Storage: refrigerate up to 2 weeks; freeze 3 months



Ingredients

2/3 cups raw cashews

1/3 cup old fashioned rolled oats, soaked and well-drained

4 Medjool dates, pitted (can substitute with 2 tablespoons maple syrup, or to taste)

1 teaspoon vanilla extract

Pinch of salt

1/4 cup dark or bittersweet chocolate chips

If needed: 1 - 2 tablespoons milk of choice to help with blending and texture

Directions

1. Blend the cashew and oats in a food processor or a high speed blender until they're a fine powder. Don't over-blend or you'll wind up with cashew butter - not a bad thing, your bites will just have less texture.
2. Add the dates (or maple syrup), vanilla, and salt. Pulse/blend until incorporated. Be careful to blend in short bursts and only until combined; don't over-process. If needed, add 1 - 2 tbsp of milk to get a more sticky, dough-like consistency.
3. Place the dough mixture into a bowl, and stir in the chocolate chips by hand.
4. Enjoy the cookie dough as is, or form into balls for snack-sized bites. Keep extra bites in an airtight container.