



GLASSES
GOES
GLUTEN
FREE



FLOURLESS SKILLET COOKIE

TOP WITH ALL YOUR FAVORITES & ENJOY WHILE IT'S HOT

YOU WILL NEED:

- 1 can garbanzo beans, drained and rinsed
- ½ cup natural peanut butter (or any nut butter)
- 1 Tablespoon vanilla
- ¼ cup maple syrup
- ¼ cup applesauce, unsweetened
- ¼ teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 Tablespoon water
- ½ cup quick oats

- 1 Preheat oven to 350 degrees. Mix together salt, baking powder, baking soda, and oats in a small bowl - set aside.
- 2 Blend together garbanzo beans, peanut butter, vanilla, maple syrup, and applesauce until smooth - this will be thick.
- 3 Pulse in mixture of oats until all combined.
- 4 Grease inside of skillets with a touch of oil. I usually just use clean hands to do this!
- 5 Divide dough in half and fill each skillet. Bake in oven for 20-23 minutes or until set. **Top with your favorites!**