



COOKIE DOUGH DIP WITH APPLE SLICES

ingredients:

15-ounce can great Northern beans, drained and rinsed
2 Tablespoons margarine
3 Tablespoons maple syrup
2 teaspoons vanilla extract
1/4 teaspoon salt

1/3 cup mini chocolate chips
4 medium apples, cored and sliced

directions:

1. Place beans in a food processor and blend until smooth.
2. Add margarine, maple syrup, vanilla and salt and blend until creamy. Scrape down sides. Pulse to ensure all ingredients are well-mixed.
3. Add chocolate chips and pulse until just incorporated.
4. Transfer to a serving bowl, cover and chill for 2 hours.
5. Serve with sliced apples.

Yield: 8 servings

Nutrition Information Per Serving:

205 Calories
6 grams Fat
2 grams Saturated Fat
0 mg Cholesterol
307 mg Sodium
33 grams Carbohydrates
6 grams Fiber
4 grams Protein

Food exchanges:

2 fruit, 1 vegetable, 1 fat



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