

## **Edamame, Corn and Jicama Salad**

1 (12 oz) pkg frozen shelled green soybeans  
1 (12 or 16 oz) pkg frozen sweet white corn  
1 cup diced jicama  
½ cup diced celery  
½ cup diced sweet red pepper  
½ cup sliced green onion tops  
1 tablespoon minced fresh parsley or cilantro or basil

### Dressing:

5 tablespoon fresh lemon juice  
1 tablespoon maple syrup  
1 teaspoon salt  
¼ teaspoon garlic powder  
¼ teaspoon sweet basil

Thaw corn and soybeans. Combine and mix dressing ingredients separately.  
Mix all vegetables together and add dressing. Chill and serve.  
Serves 8.

## **Peanut Butter Chickpea Cookies**

(inspired by [ThisHealthyKitchen.com](http://ThisHealthyKitchen.com))

1 13.5 oz can chickpeas drained & rinsed  
2 large very ripe bananas  
½ cup smooth natural peanut butter  
2 tablespoons maple syrup or date syrup, optional  
1 teaspoon baking powder  
¾ cup quick cooking steel cut oats or rolled oats  
1 teaspoon pure vanilla extract

*Optional add-ins:*

Chocolate chips

Chopped nuts

Flaked coconut

Raisins

Preheat oven to 350°F and line a large baking tray with parchment paper or non-stick mat.

Add all the ingredients to your food processor and process until smooth.

Using a small scoop, place mixture onto your prepared baking sheet and form your cookies.

Bake for 18-22 minutes, or until lightly golden around the edges. Allow cookies to cool completely to help them firm up before serving.