

Chickpea Blondies



Servings: 12 (1 bar)

TOTAL TIME



DIFFICULTY



EASY



GLUTEN-FREE



VEGETARIAN

Preparation

1. Preheat oven to 350°F. Place all ingredients except chocolate chips into a food processor and blend until very smooth.
2. Pour mixture into a greased or parchment paper lined 8 x 8 pan. Sprinkle chocolate chips on top of dough. Press them into dough with a spoon.
3. Bake for 30-40 minutes. The blondies will look undercooked, but will firm up as they cool.
4. Cut into 12 even bars. Store in airtight container.

Nutrition Facts Per Serving

Calories	120
Fat	5g
Saturated Fat	1.5g
Cholesterol	0
Carbohydrate	16g
Fiber	2g
Protein	3g

Ingredients

- 1 1/2 cups chickpeas or white beans, rinsed and drained
- 3/4 teaspoon baking powder
- 1/8 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup brown sugar
- 2 teaspoons vanilla extract
- 1/4 cup gluten free rolled oats
- 1/4 cup natural nut butter
- 1/3 cup mini semi-sweet chocolate chips

