

Chickpea Blondies

Serves 9



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1/2 tablespoon virgin coconut oil (for greasing)
- 1 can chickpeas (rinsed and drained)
- 1/2 cup natural peanut butter
- 1/3 cup maple or agave syrup
- 2 teaspoons vanilla extract
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/3 cup mini dark chocolate chips (look for vegan chocolate if you want 100% vegan or dairy-free blondies)
- coarse sea salt or Himalayan salt (for sprinkling)

Directions

1. Preheat oven to 350°F. Grease an 8x8 baking pan with coconut oil.
2. In a food processor, puree all remaining ingredients except for chocolate chips and salt. Blend until completely smooth. Stir in chocolate chips, then spoon batter into prepared baking pan.
3. Bake for 25-30 minutes, until lightly golden brown on top and a toothpick inserted into the middle comes out clean. Let cool, then cut into squares and sprinkle lightly with salt.

Notes

Alternative: Use a small cookie scoop or tablespoon to drop round cookies onto a baking sheet lined with parchment paper. Bake 12-15 minutes or until light golden brown.

Healthy Tip: Leaving out the salt until a light sprinkling at the end gives these blondies a pop of flavor while using less salt than a traditional recipe.

Recipe from Cooking Well Berkeley: Healthy Edible Holiday Gifts, Fall 2014