

May Newsletter

Chickpea Protein Blondie

Macros:
Macros: Makes 9 servings
Macros per serving:
208 cal / 10 P / 21 C / 10 F / 4 fiber



INGREDIENTS

- 1 can chickpeas, drained, rinsed and pat dry with paper towel
- 1/3 cup creamy peanut butter
- 1/2 cup agave light syrup
- 1/2 tbl vanilla extract
- 1/4 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1 scoop vanilla ice cream level-1
- 1/4 cup almond flour
- 1 double chocolate power pro bar

DIRECTIONS

1. Preheat the oven to 350 degrees and line a 9x9 dish with parchment paper
2. Add the chickpeas, peanut butter, syrup, vanilla, baking soda, baking powder and salt into a food processor/strong blender and blend for about 1 minute.
3. Add the flour and protein to the food processor/blender and blend for an additional :30 seconds.
4. Transfer batter to the parchment lined dish, spread evenly. Break the double chocolate power pro bar into tiny chunks and spread over the top of the batter.
5. Bake for approximately 20-30 minutes. Check with a toothpick and it should come out almost clean when they are done.
6. Allow them to cool completely on a rack and cut into 9 even servings.