

# Chocolate Chickpea Blondies

Total time: 30 min

Yield: 8x8 pan

## Ingredients

- 1 can chickpeas (drained and rinsed)
- $\frac{3}{4}$  tsp baking powder
- $\frac{1}{8}$  tsp baking soda
- $\frac{3}{4}$  cup brown sugar (or sub for white sugar)
- 2 tsp vanilla extract
- $\frac{1}{4}$  cup quick oats
- $\frac{1}{4}$  cup peanut butter
- (optional)  $\frac{1}{2}$  cup chocolate chips

## Instructions

Preheat oven to 350 degrees. Blend all ingredients (except chocolate chips) until smooth in a food processor. Mix in chips and scoop into a greased 8x8 pan. Bake for 30 minutes. They will appear undercooked when you initially take them out, but will firm up as they cool. Overcooking will result in a hard final product.

## Nutrition Information

- Total servings: 15
- Calories: 95
- Fat: 2/5 g
- Carbs: 15 g
- Fiber 3 g
- Protein: 2.5 g