

Chocolate Chip Chickpea Blondies

A delicious way to use up an extra can of chickpeas. It is important to process the batter until very smooth for the best results.

Total Time: 30 min

Yield: 16 (2x2 inch) pieces

Equipment: 8x8 pan and food processor or blender

Ingredients:

1 1/2 cups chickpeas or white beans (1-15 oz. can, drained and rinsed)

3/4 teaspoon baking powder

1/8 teaspoon baking soda

3/4 cup white or brown sugar

2 teaspoons vanilla extract

1/4 cup quick oats

1/4 cup creamy peanut butter

1/2 cup chocolate chips

Directions:

Preheat oven to 350 degrees. Blend all ingredients (except chips) until very smooth in a food processor or blender. Mix in chips with a spoon and scoop into a greased 8x8 inch pan. Bake for 30 minutes. They will look a little undercooked when you take them out, but they firm up as they cool.

Nutrition Facts

Serving Size: 0.1 x full recipe

Amount Per Serving	% Daily Value*	
Calories	137	7%
Total Fat	5 g	7%
Saturated Fat	1 g	7%
Trans Fat	-	
Cholesterol	-	0%
Sodium	109 mg	5%
Total Carbohydrate	22 g	7%
Dietary Fiber	3 g	10%
Sugars	14 g	
Protein	3 g	7%
Vitamin A	0% • Vitamin C	0%
Calcium	3% • Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

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