

BRAIN-BOOSTING BLONDIES

SERVES: 2 PREP TIME: 10 MINUTES

INGREDIENTS:

1 can (15.5 ounces) chickpeas, drained and rinsed
1/2 cup peanut butter
1/3 cup maple syrup
2 teaspoons vanilla
1/2 teaspoon salt
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/4 cup chopped walnuts
1/4 cup dairy-free chocolate chips



DIRECTIONS:

Prepare Oven and Pan: Preheat oven to 350 degrees F and line an 8x8 pan with parchment paper.

Combine Ingredients: In a food processor, add all ingredients except walnuts and chocolate chips. Process until batter is smooth. Fold in walnuts and chocolate chips.

Spread batter into pan and bake for 20-25 minutes. Use a toothpick to check the blondies; it should come out clean. Be careful not to overcook or they will be too dry. (If that happens, use as a topping on a smoothie bowl.)

TIP:

This batter can be eaten without cooking. 😊