

Chickpea Blondies



Discover our delicious recipe for Chickpea Blondies, a healthy and indulgent twist on the classic dessert. These moist and fiber-rich blondies will captivate you with their irresistible texture and flavor. Try them out now!

Preparation 5 min
Cooking 25 min
Servings 16
Nutrition Facts (per serving)
Calories 110
Fat 5
Carbohydrates 12
Fibre 3
Protein 4
Sodium 105

Ingredients

- 1 can (540 ml or 19 oz) no-salt-added chickpeas, drained and rinsed
- 125 ml (½ cup) soy butter
- 60 ml (¼ cup) maple syrup
- 10 ml (2 tsp) baking powder
- 60 ml (¼ cup) mini semi-sweet chocolate chips

Preparation

1. Preheat the oven to 350°F (180°C) and lightly oil a 20 x 20 cm (8 x 8-inch) baking pan.
2. In a food processor, puree the first four ingredients. Using a spatula, stir in chocolate chips.
3. Transfer the dough to the pan and bake for 20-25 minutes. Let cool for 5 minutes, then remove from the pan.
4. Cut into 16 pieces.

Notes

Can be kept for 3 days in the refrigerator or up to 1 month in the freezer.



Carol-Ann Robert – Nutritionniste Diététiste à Halifax | Directrice marketing
Registered Dietitian Nutritionist in Halifax