

Chickpea Blondies

Ingredients

- 1/2 tablespoon canola oil
- 1 can chickpeas/garbanzo beans (rinsed and drained)
- 1/2 cup natural peanut butter
- 1/3 cup honey
- 2 teaspoons vanilla extract
- 1/2 teaspoon baking soda/powder
- 1/3 cup mini chocolate chips



Directions

1. Preheat oven to 350°F. Grease an 8x8 baking pan with canola oil.
2. In a blender, all other ingredients except chocolate chips. Blend until smooth. May have to stop and stir depending on thickness. When smooth, stir in chocolate chips. Spoon batter into baking pan.
3. Bake for 25-30 minutes, until lightly golden brown on top and a toothpick inserted into the middle comes out clean. Let cook, cut into squares.

Notes:

- Use a **food processor** if you have one! It's quicker than using a blender.
- *Alternative: use a tablespoon to **drop round cookies** onto a baking sheet with parchment paper. Bake 12-15 minutes or until light golden brown.*
- **No oven?** You could bake these in the microwave, ~45 secs to cook
- *Lightly sprinkle salt when done with cooking for an **extra pop of flavor***

Recipe adapted from

<https://uhs.berkeley.edu/sites/default/files/chickpeablondies.pdf>

Get more recipes at

uhs.berkeley.edu/studentnutrition