



Peanut Butter Blondies



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1/9th of pan: 120 calories, 4g total fat (1g sat. fat), 206mg sodium, 19g carbs, 3.5g fiber, 4g sugars, 6g protein

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Prep: 15 minutes **Cook:** 30 minutes

Cool: 1 hour



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

One 15-oz. can chickpeas (garbanzo beans), drained and rinsed
1/3 cup unsweetened applesauce
1/3 cup [powdered peanut butter](#)
1/4 cup whole-wheat flour
1/4 cup (about 2 large) egg whites
3 tbsp. [Truvia spoonable calorie-free sweetener](#) (or another no-calorie granulated sweetener that's about twice as sweet as sugar; see *HG FYI*)
2 tbsp. creamy peanut butter (no sugar added)
2 tbsp. canned pure pumpkin
1 1/2 tbsp. vanilla extract
3/4 tsp. baking powder
1/4 tsp. salt
2 tbsp. mini (or chopped) semi-sweet chocolate chips

Directions

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Place all ingredients *except* chocolate chips in a food processor. Puree until completely smooth and uniform.

Gently fold in 1/2 tbsp. chocolate chips.

Spread mixture into the baking pan, and smooth out the top. Evenly top with remaining 1 1/2 tbsp. chocolate chips, and lightly press into the batter.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour. Refrigerate leftovers.

MAKES 9 SERVINGS

HG FYI: Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia, double the amount called for in this recipe.

Clean & Hungry Tip: If you avoid sugar completely, look for powdered peanut butter with no added sugar (like Jif Peanut Powder -- the only ingredient is peanuts) and stevia-sweetened chocolate chips (like the kind by Lily's). And keep an eye out for more Clean & Hungry recipes from us. Clean & Hungry is our *real-world* take on clean eating! Happy about that? [Let us know...](#)

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