

FLOURLESS FUDGEY CHICKPEA BLONDIES

preheat oven 350 yields 24 muffins

INGREDIENTS

- 2- 15 oz cans of chickpeas (around 4 cups)–rinsed very well
- 2 cups pitted dates (if hard soak in hot water for 10 minutes)
- 1 cup almond milk (or water)
- 1/2 cup unsweetened apple sauce
- 1/2 cup almond butter (any nut butter works)
- 3 tablespoons flaxseeds mixed with 10 tablespoons water– mixed and set aside for 5 minutes (chia seeds also work)
- 1 tablespoons vanilla extract
- 2 teaspoons baking powder
- 1 1/2 cup stevia sweetened chocolate chips

PREPARATION

1. In a food processor add rinsed chickpeas, dates, almond milk, apple sauce, almond butter, flaxseeds mixed with water, vanilla extract and baking powder. Puree in your food processor till smooth and creamy. This may take some time make sure to scrape down the edges. A blender can work but I suggest a food processor so you can get everything out of the machine easily.
2. Transfer your mixture – be sure there are no date or chickpea chunks! fold in chocolate chips.
3. Spray 24 cupcake pans or you can use liners. Evenly distribute the batter into your cupcake holders but be sure to not overfill them or in the inside won't cook and the outside will burn. Optional top with shaved chocolate or chocolate chips.
4. Bake at 350 for 35-40 minutes until golden brown. Be patient and let cool for at least 1 hour before trying to take them out. I like to line a tray with parchment, evenly distribute them on the tray and freeze them. Then you can put them in a container and or freeze them or ziploc.

ENJOY 😊