

Protein Blondie Squares

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 can (400mL) organic BPA-free cooked chickpeas
- 1/2 cup almond butter (smooth or crunchy)
- 1 egg
- 1/4 cup vanilla protein powder
- 1/3 cup maple or coconut syrup
- 1/2 cup chocolate chips
- 1/4 cup unsulphured, unsweetened coconut flakes

Instructions:

1. Preheat oven to 350F degrees and grease or line a 8" baking dish with parchment paper.
2. Place the chick peas, almond butter, egg, protein powder, maple syrup and half the chocolate chips into a food processor or blender and give it a blitz until smooth.
3. The batter will be thick. Pour or spoon batter into baking dish. Sprinkle with all the coconut flakes and remaining chocolate chips.
4. Bake for 30 minutes.
5. Let cool completely before cutting. Freeze for months or refrigerate for 10 days.

Notes:

These protein blondie squares are gluten-free and refined sugar free, plus they are packed with protein from both chickpeas and protein powder. Chickpeas and other pulses are excellent for digestive health because they help to feed the good bacteria in your colon and they keep you feeling fuller longer. They are also rich in fiber, iron, zinc and many B vitamins.