



PREP: 10 min
COOK: 35 min
SERVES: 9-12

Blueberry Maple Chickpea Blondies

The secret ingredient to these decadent, vegan, fudgy blondies? Chickpeas - but you'd never know it! They're vegan, dairy-free and lightly sweetened with just a touch of maple syrup. So grab that can of chickpeas that's gravitated to the back of the cupboard and whip up these secretly healthy blondies! A big thank you to the lovely Jade from Panaceas Pantry for developing this recipe for us!

Ingredients

400g can of chickpeas, drained & rinsed
1/2 cup (135g) roasted almond butter* (see notes)
1/3 cup (80ml) Queen Pure Maple Syrup
1 tbsp (15ml) light flavoured oil* (see notes)
2 tsp Queen Finest Single Origin Vanilla Extract Madagascar
1/2 cup plain flour* (see notes)
1/2 tsp baking powder

Method

STEP 1

Preheat oven to 175C, and line a 20cm (8 inch) square tin. Set aside.

STEP 2

In high speed food processor combine chickpeas, almond butter, maple syrup, oil and vanilla. Blend until combined, and a smooth paste forms. Transfer the mixture to a large mixing bowl- it is recommended to use a rubber spatula here, to help transfer all of the mixture.

STEP 3

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Ingredients

1/2 tsp fine salt
1/2 cup (60g) blueberries (fresh or frozen)
1/2 cup dark chocolate chips (optional, but recommended)

Method

Sift in the flour and baking powder, and add salt. Gently fold until only just combined, then add blueberries and chocolate chips. Very gently fold together before transferring the batter to the prepared tin. Use a spoon to smooth down the top. Bake for 32-35 mins, or until cooked when tested with a skewer.

STEP 4

Allow blondie to cool in the tin for 10 minutes before transferring to a wire rack to cool completely.

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