

Chickpea Blondies

Ingredients	16 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Preheat the oven to 350° F. Lightly oil or coat a baking pan with nonstick cooking spray and set aside. Use an 8X8 pan for the smaller batch; use a half sheet pan for the larger batch.
Oats, old-fashioned or rolled	2 1/4 oz	3/4 cup	9 1/4 oz	3 1/4 cups	
Brown sugar, light	3 1/2 oz	1/2 cup (packed)	12 3/4 oz	1 2/3 cups (packed)	2. Combine the oats, sugar, cinnamon, baking powder, and salt in a bowl, stirring until the ingredients are evenly combined.
Cinnamon, ground	1/4 tsp	1/4 tsp	1/2 tsp	1/2 tsp	
Baking powder	1/2 tsp	1/2 tsp	1 tsp	1 tsp	
Table salt	1/8 tsp	1/8 tsp	3/4 tsp	3/4 tsp	
Chickpeas, canned, rinsed and drained before measuring	10 oz	1 1/2 cups	2 lb 4 oz	1 qt 1 1/2 cups	3. Rinse and drain the chickpeas thoroughly. Place the chickpeas in the bowl of a blender or food processor.
Eggs, large	5 1/4 oz	3 each	19 oz	10 each	4. Add the eggs, oil, and vanilla extract and puree until smooth.
Oil, olive or canola	1 1/2 oz	3 tbsp	5 1/2 oz	1/2 cup	
Vanilla extract	1/2 tsp	1/2 tsp	1 tsp	1 tsp	
Chocolate chips, dark	3 oz	1/2 cup	11 oz	1 2/3 cups	5. Add the sugar-oat mixture (from Step 2), the chocolate chips, and the raisins to the batter (still in the blender or food processor) and pulse a few times, just until incorporated.
Raisins, dark or golden, seedless	2 1/2 oz	1/2 cup	9 oz	1 2/3 cups	6. Transfer the batter to the prepared pan. Bake 30 to 35 minutes, or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean.
					7. Cool in the pan before cutting into 2-inch squares.



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Recipe Notes:

Transfer to airtight storage containers if you wish to hold the blondies. They will last for up to 4 days at room temperature.

Serving Notes:

Serve 1 blondie per portion.

Nutrients Per Serving					
Calories	140	Saturated Fat	1.5	Iron	1mg
Protein	3 g	Cholesterol	40 mg	Calcium	33 mg
Carbohydrate	22 g	Vitamin A-RE	14 mcg	Sodium	129 mg
Total Fat	6 g	Vitamin C	1 mg	Dietary Fiber	3 g

