



## My Oh My Maple Nut Blondies



1/9 of pan: 117 calories, 4.5g total fat (0.5g sat. fat), 193mg sodium, 17.5g carbs, 3.5g fiber, 2g sugars, 5g protein

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

**Cool:** 1 hour



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### Ingredients

One 15-oz. can chickpeas (garbanzo beans), drained and rinsed  
1/4 cup + 2 tbsp. whole-wheat flour  
1/3 cup unsweetened applesauce  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/4 cup + 2 tbsp. natural no-calorie sweetener that measures like sugar  
2 tbsp. creamy peanut butter  
2 tbsp. canned pure pumpkin  
1 1/2 tbsp. maple extract  
1 tbsp. vanilla extract  
3/4 tsp. baking powder  
1/4 tsp. salt  
1 oz. (about 1/4 cup) finely chopped walnuts, divided

### Directions

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

Place all ingredients except walnuts in a food processor. Puree until completely smooth and uniform.

Fold in 1/2 oz. (about 2 tbsp.) walnuts. Spread mixture into the baking pan, and smooth out the top.

Evenly top with remaining 1/2 oz. (about 2 tbsp.) walnuts, and lightly press to adhere.

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

Let cool completely, about 1 hour.

MAKES 9 SERVINGS

**HG Alternative:** When this recipe was first published in the cookbook [Hungry Girl Clean & Hungry OBSESSED!](#), on page 321, it called for 3 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar). These days, we tend to go with sweeteners that measure cup-for-cup like sugar, but feel free to use 3 tbsp. Truvia instead!

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