



## No-Bake Peanut Butter Blondies



1/12th of recipe (1 bar): 140 calories, 7g total fat (1.5g sat. fat), 188mg sodium, 15g carbs, 3g fiber, 4.5g sugars, 5.5g protein

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**Prep:** 10 minutes

**Freeze:** 2 hours



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### Ingredients

1 cup old-fashioned oats  
1 cup canned chickpeas (garbanzo beans), drained and rinsed  
1/2 cup creamy peanut butter  
1/4 cup [powdered peanut butter](#)  
1/4 cup lite pancake syrup  
1 tbsp. Truvia spoonable calorie-free sweetener (or another no-calorie granulated sweetener that's about twice as sweet as sugar)  
1 tbsp. vanilla extract  
1/2 tsp. salt  
2 tbsp. mini semi-sweet chocolate chips

### Directions

Line an 8" X 8" baking pan with parchment paper.

Pulse oats to the consistency of coarse flour in a food processor. Add 1/3 cup water and all remaining ingredients *except* chocolate chips. Puree until completely uniform.

Gently fold in 1/2 tbsp. chocolate chips. Spread mixture into the baking pan, and smooth out the top.

Evenly top with remaining 1 1/2 tbsp. chocolate chips, and lightly press into the batter. Cover and freeze until just firm, about 2 hours.

Once firm, store in the refrigerator. (They're also good slightly frozen!)

**MAKES 12 SERVINGS**

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