



## 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

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**Prep:** 10 minutes

**Freeze:** 2 hours



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### 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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.