



Peanut Butter Blondies



[Click here for a video demo](#) !

1/9th of pan: 120 calories, 4g total fat (1g sat fat), 206mg sodium, 19g carbs, 3.5g fiber, 4g sugars, 6g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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

Cool: 1 hour

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

Ingredients

One 15-oz. can chickpeas (garbanzo beans), drained and rinsed
1/3 cup unsweetened applesauce
1/3 cup [powdered peanut butter](#)
1/4 cup whole-wheat flour
1/4 cup (about 2 large) egg whites
3 tbsp. [Truvia spoonable calorie-free sweetener](#) (or another no-calorie granulated sweetener that's about twice as sweet as sugar; see *HG FYI*)
2 tbsp. creamy peanut butter (no sugar added)
2 tbsp. canned pure pumpkin
1 1/2 tbsp. vanilla extract
3/4 tsp. baking powder
1/4 tsp. salt
2 tbsp. mini (or chopped) semi-sweet chocolate chips

Directions

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

Place all ingredients *except* chocolate chips in a food processor. Puree until completely smooth and 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.

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

Let cool completely, about 1 hour. Refrigerate leftovers.

MAKES 9 SERVINGS

HG FYI: Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia, double the amount called for in this recipe.

Clean & Hungry Tip: If you avoid sugar completely, look for powdered peanut butter with no added sugar (like Jif Peanut Powder -- the only ingredient is peanuts) and stevia-sweetened chocolate chips (like the kind by Lily's). And keep an eye out for more Clean & Hungry recipes from us. Clean & Hungry is our *real-world* take on clean eating! Happy about that? [Let us know...](#)

[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.

Publish Date: January 7, 2016

Author: Hungry Girl

Copyright © 2020 Hungry Girl. All Rights Reserved.