

Healthy Protein Packed Chickpea Blondies

Amy Symington

Preparation Time: 15 minutes

Cooking Time: 45 minutes

- Preheat oven to 375°F (190°C)
- Equipment: food processor, two 8x8-inch pans

Ingredients

12 servings

1 (398 ml) can chickpeas, drained and rinsed
1/3 cup (80 ml) pure maple syrup
3 tbsp (27 g) hemp seeds
1 tbsp (5 g) ground flaxseed
4 tsp (40 ml) vanilla extract
½ tsp (2.5 g) salt
¼ tsp (1 g) baking powder
¼ tsp (1 g) baking soda
½ cup (66 g) chopped unsweetened dark chocolate, divided

24 servings

2 (398 ml) cans chickpeas, drained and rinsed
2/3 cup (160 ml) pure maple syrup
6 tbsp (55 g) hemp seeds
2 tbsp (10 g) ground flaxseed
8 tsp (40 ml) vanilla extract
1 tsp (5 g) salt
½ tsp (2 g) baking powder
½ tsp (2 g) baking soda
1 cup (130 g) chopped unsweetened dark chocolate, divided

Directions

1. Preheat oven to 375°F (190°C) and grease an 8x8" pan(s) with coconut oil (or 2 8x8 pans if making 24 servings).
2. In a food processor, add all ingredients except the dark chocolate. Process until batter is smooth, scraping down the sides as needed. Using a spatula, remove batter from the processor and add into a large bowl. Fold in half of the dark chocolate.
3. Spread batter evenly into prepared pan(s). Bake for 10 to 15 minutes or until toothpick comes out clean and edges are a slightly brown. The batter may look underdone, but you do not want them to dry out.
4. Sprinkle with remaining chocolate and allow to cool in pan for 30 minutes on a wire rack.
5. Transfer blondies to the refrigerator for another 45 minutes before attempting to cut.

Tips:

- 1) Bake large quantity recipe in two 8x8" pans, or one 9x13" pan.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 square (39 g)	
par 1 pièce (39 g)	
Calories 100	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.3 g	
Carbohydrate / Glucides 13 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 150 mg	7 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 0 mcg	0 %
Vitamin C / Vitamine C 0.2 mg	1 %
Vitamin E / Vitamine E 0.1 mg	1 %
*5% or less is a little , 15% or more is a lot	
*5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: These are moist, bite sized pockets of nutrient and flavour dense goodness. Each small square is a source of fibre and iron and contains 3g of protein. They make a great after school/post work out treat or a scrumptious mid-afternoon pick me up!

Symbols: Good for all seasons, easy to swallow, good source of fibre, make ahead meals, freezable, kid friendly, gluten free, soy free

Functional foods present: legumes (chickpeas), dark unsweetened chocolate, hemp seeds, flaxseeds

Examples of phytochemicals and anti-oxidants present: polyphenols (dark chocolate), omega 3 fatty acids (flaxseed and hemp seeds), lignans (flaxseeds)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.



“In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire.”

– Amy Symington