

# CHOCOLATE CHIP LENTIL BLONDIE

## INGREDIENTS

2-1/2 sprays cooking spray	1/2 tsp baking soda	1 tbsp vanilla extract
1/2 cup, 1 tbsp red lentils, dry	1/4 tsp kosher salt	1/3 cup, 1 tbsp vegan semi-sweet chocolate chips
1 cup, 3 tbsp tap water	1/2 cup, 1 tbsp creamy peanut butter	3 tbsp vegan semi-sweet chocolate chips
1 cup, 3 tbsp old fashioned oatmeal, dry	1/3 cup, 1 tbsp pure maple syrup	

## DIRECTIONS

Preheat oven to 350 . Spray sheet pan with the nonstick cooking spray.

**Lentils:** In a small saucepan, combine lentils and water; bring to a boil. Reduce heat, cover, and simmer for 10-15 minutes or until the lentils are soft, cool slightly. Transfer the lentils to a food processor, add a few additional tablespoons of water, then process until the lentils are a smooth puree; set aside.

**Oats:** Place the oats in a blender or food processor and process until finely ground and smooth like flour. (May take a few minutes) Transfer to a large bowl and whisk in the baking soda and salt; set aside.

**Mixing:** In a large bowl mix together peanut butter, maple syrup and vanilla extract. Mix either by hand or with mixer-until smooth. Add in lentil puree and mix until well combined. Fold in oat mixture then gently fold in the larger quantity of chocolate chips.

Pour batter in the prepared pan and sprinkle remaining chips over the top. Bake for about 20-25 minutes. You do not have to bake these completely as they are vegan, so if you like a fudgy bar do not keep them in the oven for much longer than 20 minutes.

Allow to cool for 30 minutes then cut into 2"x2" squares.

\*\* this is not an overly sweet dessert, there is a hint of sweetness, but it is not like a traditional blondie.

Amount per serving: **Calories 228**, **Total Fat 11g**, Sat. Fat 4g, **Sodium 167mg**, **Total Carbs. 27g**, Fiber 3g, **Protein 6g**

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MAKES: 12 | SERVING SIZE: 1

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