



White Bean Blondies

Yields 9 large bars or 18 small bars

Ingredients:

- 1 1/2 cups white beans, cooked (a little less than 1 can of Great Northern beans)
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 cup honey
- 2 tsp. vanilla extract
- 1/2 cup + 2 tbsp. rolled oats
- 1/4 cup butter, melted or neutral oil
- 1/2 cup dried cherries

Spoon fruit ingredients (optional):

- 2 cups raspberries, mashed
- 2 tsp. chia seeds
- Honey *optional*

Blondie directions:

1. Preheat oven to 350°F.
2. Combine rolled oats, baking powder, baking soda, and salt in a food processor or blender. Blend oat mixture into a nice flour.
3. Add beans, honey, vanilla, and butter or oil to oat mixture. Blend until well combined.
4. Fold in dried cherries.
5. Pour batter into an 8 x 8 pan lined with parchment paper and bake for 15-20 minutes or until the top turns golden brown.
6. Let blondies cool completely before cutting and removing from pan.

Spoon fruit directions:

1. To a small bowl, add raspberries and mash well using a fork.
2. Fold chia seeds into mashed raspberries, let sit for at least 1 hour. Top blondies and enjoy!

Suggestions:

- For blondies, substitute dried cherries with dried cranberries or other dried fruit.

