

GF&V BLONDIES

Great breakfast, snack or dessert!



SERVINGS: 9

PREPPING TIME: 10 MIN

COOKING TIME: 35 MIN

INGREDIENTS

wet

- 2 cup bananas, ripe
- 2/3 peanut butter
- 1/3 cup pure maple syrup
- 2 tsp Vanilla extract
- 3-4 Tbsp plant-based milk if needed

dry

- 2 cup Almond flour
- 2 cups Oat flour
- 2 tsp Baking powder
- 1 cups Chocolate chips, vegan

DIRECTIONS

1. Preheat oven to 350°F.
2. In medium bowl, add wet ingredients & mix well.
3. In a large bowl, add dry ingredients & mix well.
4. Add wet ingredients into large bowl of dry ingredients and mix well until batter forms.
5. Press into 8x8" parchment-lined baking dish.
6. Bake for 30-35 minutes.
7. Remove from oven & let cool for 5-10 minutes.
8. Store in fridge for 5-7 days.

NOTES

Excellent for breakfast, a snack or a dessert! Suggestions: serve with berries, additional peanut butter, a glass of your favorite plant-based milk and/or your favorite plant-based yogurt.