

Gluten-Free Caramel Blondie Bites



SIZE

Makes: 12

PREPARATION

10 min

DIFFICULTY



Level 1



Ingredients

- 2** cans chickpeas
- 1** cup peanut or almond butter
- ½** cup not just caramel, plus more to serve
- ¼** tsp salt
- 1** tsp vanilla extract
- ½** tsp baking powder
- ½** tsp baking soda
- 1** cup semi-sweet chocolate chips

Process

1

Preheat the oven to 350 degrees with a rack in the middle position. Line a 12 count muffin tray with baking cups, mist with cooking spray, and set aside.

2

To a food processor or blender, add the chickpeas and pulse until coarsely ground. Add the

remaining ingredients but the chocolate chips and process or blend until a thick batter is formed, using a spatula to scrape the bottom when necessary.

3

Transfer to a medium bowl and fold in the chocolate chips. Wet your hands with cold water, and form 12 even balls, placing in the baking cups. Place in the oven and bake for about 35 minutes. Let cool on a wire rack for at least 15 minutes before serving.