

Gluten Free Caramel Blondie Bites



SIZE

Makes: 12

PREPARATION

10 min

DIFFICULTY



Level 1



No flour and no stand mixer necessary for this recipe. These gluten free caramel blondie bites are held together with the help of canned chickpeas, peanut butter, and Not Just Caramel

We like to use a food processor to mix everything together and then all that's left is scooping into a muffin tin. These gluten free caramel blondie bites are very kid friendly and fun to make with your kids as well! Breakfast, snack, dessert? These blondie bites cover all three.

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.