

High-Protein Blondies



INGREDIENTS:

2 cups oats
2 cups CHiKPRO™
1 cup all-purpose flour
1 tsp baking soda
3/4 tsp salt
3/4 cup chopped peanuts
1/2 cup light-tasting olive oil

1/2 cup peanut butter
1-1/2 cups dark brown sugar
2 eggs
2 tbsp molasses
2 tsp vanilla
4 tbsp applesauce
1 bag (about 10 oz)
peanut-butter/chocolate chips

DIRECTIONS:

1. Preheat oven to 375 °F.
2. Mix wet ingredients in a large bowl.
3. Combine dry ingredients in a separate bowl.
4. Add dry ingredients to wet ingredients and mix thoroughly.
5. Stir peanut-butter/chocolate chips into mixture.
6. Spray 10^{1/2}" x 15^{1/2}" mini-muffin tin with baking spray.
7. Spoon mixture into tin.
8. Bake at 375° until browned (about 15 minutes).

