

Peanut Butter Oatmeal Blondies (GF,V)

Time: 1 hour

Ingredients

1 c. gluten-free flour all purpose mix (or regular flour if you aren't gluten-free)

1 c. gluten-free old fashion oats

1 tsp. baking soda

1/4 tsp. kosher salt

1/2 c. brown sugar

3/4 c. natural low sugar, low sodium creamy peanut butter

1 tbsp. vanilla extract

1/2 c. unsweetened almond milk

1/3 to 1/2 c. chocolate chips

Directions:

Preheat oven to 350 degrees. Line 8x8 pan with parchment paper.

In a medium bowl, combine the first 4 dry ingredients and blend together. Set aside.

In a standup mixer, beat the sugar and peanut butter about 2 minutes until light and fluffy, adding in the vanilla extract at the end to blend. On a lower speed, slowly add in the dry mixture and once combined, mix for 30 seconds until it starts forming loose clumps. Then slowly add in the almond milk until the dough just forms and all the dry is incorporated into the wet mixture. Remove from mixer and stir in your preferred amount of chocolate chips.

In the pan, press in the dough with wet fingers to a level it out. Bake for 25-30 minutes or until toothpick comes out clean. Let cool and cut into blondie squares.

Serves 10.

Nutritional Estimations: Calories 291. Total Fat 13 g. Cholesterol 0 mg. Sodium 227 mg. Potassium 4 mg. Total Carbs 36 g. Fiber 3 g. Sugars 16 g. Protein 7 g. Vitamin A 1%. Vitamin C 0%. Calcium 4%. Iron 8%.