

SERVES 12

Sugar-Free Chocolate Chip Blondies

(Gluten-Free, Diabetes-Friendly, Low-Sugar, Whole-Grain, Clean-Eating)

Isabelleckenzie.com | total time: 35 minutes



INGREDIENTS

- 1 ¼ cups whole wheat flour
- 1/3 tsp ground cinnamon
- 1 tsp baking powder
- 1/2 tsp sea salt
- 2 tbsp unsalted butter
- 2 large mashed very ripe bananas
- ½ cup unsweetened plain full-fat yogurt
- ¾ tsp vanilla crème liquid stevia drops, to taste
- 2 tbsp nonfa
- t milk
- handful of unsweetened chocolate chips or stevia-sweetened sugar-free chocolate chips

INSTRUCTIONS

1. Line or grease a thin 9x9 square baking pan. Preheat the oven to 315 F. In a mixing bowl, sift together the flour, baking powder, salt, and cinnamon.
2. In another mixing bowl, stir together the butter, mashed banana, milk, yogurt, and stevia until no large lumps remain. Scoop by scoop stir in your flour mix until incorporated. Fold in your chocolate chips of choice.
3. Pour your batter into the prepped baking pan. Be sure that your batter is smooth. Bake in the now heated oven for 17 to 22 minutes. Cool completely before serving. Enjoy!

If you give this recipe a go, don't forget to tag me on Instagram @itsisabelle and using hashtag #cookingwithisabelle

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