



BLUEBERRY BLONDIES

(TM6, TM5, TM31)

⌚ 10 min. ⌚ 55 min. ⌚ easy ⌚ 9 portions ⌚ Per 1 portion: Energy 1002.3 kJ, Energy 238.6 kcal, Protein 8.0 g, Carb 15.4 g, Fat 15.0 g, Saturated Fat 2.0 g, Dietary fibre 5.8 g, Sodium 148.1 mg

INGREDIENTS

230 g almonds
400 g canned chickpeas, drained and rinsed
70 g honey
70 g coconut milk
2 tsp natural vanilla extract
1 tsp gluten free baking powder
125 g fresh blueberries

USEFUL ITEMS

square baking tin (20 x 20 cm), baking paper, chopping board

THERMOMIX PARTS

measuring cup, spatula

Preparation

1. Preheat oven to 170°C. Line a square baking tin (20 x 20 cm) with baking paper and set aside.
2. Place almonds into mixing bowl and mill **8 sec/speed 8**.
3. Add all remaining ingredients, except fresh blueberries, and mix **7 sec/speed 5**. Repeat chopping if needed **7 sec/speed 5** until chickpeas are all chopped.
4. Add 80 g of the fresh blueberries and combine with the spatula.
5. Pour into prepared baking tin. Top with extra blueberries, pushing them into the blondie and bake for 35-45 minutes (170°C).
6. Remove from the oven and leave to cool in tin for 10 minutes. Place on a chopping board and cut into 9 portions before serving either warm or cold.

MEDIA

