

# □ Μπράουνις με μυστικό συστατικό/ Chickpea brownies □ High in protein

## M □ INGREDIENTS □

- 2 tablespoons milk (I used soy milk)
- 2 cups of cooked chickpeas, rinsed and drained
- 1 cup all natural almond butter or peanut butter □
- 3/4 cup pure maple syrup or honey □
- 2 teaspoons vanilla
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
  
- 1 cup dark chocolate chips or chocolate chunks □

## □ INSTRUCTIONS □

□ Preheat oven to 175 C and place parchment paper to a pan.

□ In a food processor, add all ingredients except chocolate chips and process until batter is smooth. Fold in 3/4 cup of chocolate chips □ Note: Batter will be thick and super delicious, so you could actually just eat it on it's own! (sweet humus)

□ Spread batter evenly in prepared pan then sprinkle the remaining chocolate chips on top. (The batter may stick to your spatula, so I like to spray my spatula with nonstick cooking spray first.)

□ Bake for 40-45 minutes or until toothpick comes out clean and edges are a tiny bit brown. The batter may look underdone, but you don't want them to dry out!

□ Cool pan for 20 minutes on wire rack. Sprinkle with sea salt then cut into squares. Makes 16 blondies

□ Enjoy □□□□