Chocolate Chip Chickpea Blondies

INGREDIENTS:

1 (15-oz.) can chickpeas, drained and rinsed
1/2 c. reduced fat peanut butter
1/3 c. honey
2 tsp. vanilla
1/2 tsp. salt
1/4 tsp. baking powder
1/4 tsp. baking soda
1/3 c. chocolate chips plus 2 tbsp.
Coarse sea salt, for sprinkling (optional)

DIRECTIONS:

Preheat oven to 350 F and spray 8- by 8-inch pan with nonstick cooking spray. In a food processor, add all ingredients except chocolate chips and process until batter is smooth. Fold in 1/3 cup of chocolate chips. Spread batter evenly in prepared pan then sprinkle 2 tablespoons of chocolate chips on top. Bake for 20-25 minutes or until toothpick comes out clean and edges are a slightly brown. The batter may look slightly underdone. Cool pan for 20 minutes on wire rack. Sprinkle lightly with sea salt (if desired), then cut into squares. Store covered in the fridge for up to three to five days.

NUTRITION:

Makes 16 servings. Each serving has 180 calories, 9g fat, 6 protein, 21g carbohydrate, 2g fiber, 200mg sodium.