

Free sample recipe from The Sneaky Chef
<http://www.thesneakychef.com>



BRILLIANT BLONDIES

Normally, there is nothing redeeming nutritionally about a blondie. They are the ultimate indulgence, full of butter and caramelized brown sugar, as rich and sinful as white fudge. I once again enlisted the help of my baker friend, Karen, for the challenge of making a better Blondie (who had helped me finalize the Brainy Brownies for my first book). She brought over her family blondie recipe and we worked from there. Days of testing, and sheets and sheets of blondies later (and arm wrestling the sticks of butter out of her hands), we succeeded in recreating the great taste and buttery richness of the caramelized flavor of the real thing. We cut half the fat and added White Bean Puree, upped the fiber, and added whole grain nutrition with oat bran and wheat germ. Can't wait to see what you think!

Makes 3 dozen (approximately 2" squares)
8 tablespoons unsalted butter
1 cup brown sugar, packed
1 cup White Bean Puree
1 teaspoon pure vanilla extract
¼ teaspoon butterscotch flavor, optional
3 large eggs
½ teaspoon salt
¾ cup oat bran
1 cup Flour Blend
cup chocolate chips, white or semi-sweet, optional

Preheat the oven to 325 degrees.

Butter or spray only the bottom, not the sides, of a 9-inch-by- 13-inch baking pan.

In a saucepan over medium low heat, melt the butter and brown sugar. Remove from heat and allow mixture to cool a bit. Once cool, whisk in the White Bean Puree, vanilla, butterscotch (if using), eggs, and salt. Add the oat bran and Flour Blend and mix until just combined. Mix in the chocolate chips, if using, then pour the entire mixture into the prepared baking pan.

Bake for 30 to 33 minutes, until a toothpick comes out clean. Allow to cool completely in pan before cutting the blondies and use a plastic or butter knife. Dust with powdered sugar, if desired.

Keeps for a week in the refrigerator, covered tightly.

Nutritional Information

Per Serving (1 Blondie, 40g): Calories 123; Total Fat 4.9g; Fiber 1.8g; Total Carbohydrates 18.2g; Sugars 8.9g; Protein 3.4g; Sodium 62mg; Cholesterol 36mg; Calcium 28mg. *32% less calories, 49% less fat, 17% less sodium, 126% more potassium, 26% less carbs, and 92% more fiber, 47% less sugars, and 82% more protein than traditional recipe.*

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