

Chocolate Chip Squash Blondies

These bars are ooey, gooey and delicious! Instead of chocolate chips, you could add dried cranberries, cherries or raisins. Instead of butternut squash, substitute pumpkin puree or mashed sweet potato.

🕒 Prep: 15 mins Cook: 20 mins Total: 35 mins

👤 Servings: 12 bars

1x	2x	3x
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INGREDIENTS

- 1/3 cup coconut flour (such as: Bob's Red Mill)
- ½ tsp. baking soda
- 1 tsp. cinnamon
- ¼ tsp. sea salt
- 3 large whole eggs (at room temperature)
- ½ cup butternut squash puree or pumpkin puree
- 1 tsp. vanilla
- ¼ cup honey
- ¼ cup coconut oil or butter, melted
- 1/3 cup mini chocolate chips (such as: Enjoy Life Chocolate Chips)
- ¼ cup walnuts or pecans (omit for Nut-free)

INSTRUCTIONS

1. Pre-heat oven to 350 degrees F.
2. In a medium bowl, combine coconut flour, baking soda, cinnamon and salt.
3. In a smaller bowl, whisk eggs. Then mix in squash, vanilla, honey and oil until well combined.
4. Add liquid ingredients to dry ingredients and mix just until combined.
5. Stir in chocolate chips and walnuts.
6. Transfer batter to 9×9 square baking dish.
7. Bake for 16-18 minutes or until golden brown.
8. Allow bars to cool slightly before cutting into 12 bars.

NUTRITION INFORMATION

Serving Size: 1/12th of pan Calories: 146 Fat: 9g Sodium: 80mg Carbohydrate: 13g
(Sugar: 7g) Protein: 3g

DIETARY

Dairy-Free Gluten-free Grain-Free Paleo Vegetarian

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