

COOKING FOR WELLNESS

March 2021 Recipes



Espresso Vanilla Bean Chickpea Blondies

🕒 February 18, 2021 👤 Leanne Ray



Photography by David Raine | Food styling by Breana Moeller | Prop styling by Michelle Wilkinson

This legume-filled sweet treat has a hint of coffee flavor and flecks of vanilla bean.

SERVINGS: 8

SERVING SIZE: 1 blondie (63 grams)

PREP TIME: 15 minutes

COOKING TIME: 30 minutes

Ingredients

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Ingredients

- Cooking spray
- 1½ cups canned chickpeas, drained and rinsed
- ⅓ cup creamy no-stir peanut butter
- ½ cup brown sugar, packed
- 1 tablespoon vanilla bean paste
- 2 tablespoons instant espresso powder
- ¼ cup quick oats
- 2 tablespoons ground flaxseed
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- ½ teaspoon kosher salt
- Pinch flaky salt for topping (optional)

Instructions



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1. Preheat oven to 350°F (176°C). Prepare an 8½-by-4½-inch loaf pan with cooking spray and line with parchment paper. Set aside.
2. Add chickpeas, peanut butter, brown sugar, vanilla bean paste, espresso powder, oats, flaxseed, baking soda, baking powder and salt to a food processor and blend until thoroughly combined and smooth, scraping sides one to two times during processing. Transfer batter to loaf pan and smooth top with spatula. Bake for 30 minutes, or until top is set.
3. Allow blondies to cool in the pan on a wire rack for at least 20 minutes. Lift parchment paper, transfer blondies to cutting board and cool for 15 minutes. Use a knife to cut into eight squares. Store leftover squares in an airtight container in the refrigerator.

NUTRITION PER SERVING: 186 calories, 7g total fat, 1g saturated fat, 0mg cholesterol, 362mg sodium, 26g carbohydrate, 3g fiber, 15g sugar, 6g protein, NA potassium, NA phosphorus



Baked Zucchini Fries

Prep: 15 minutes

Bake: 25 minutes • Serves: 4

- 2 large egg whites
- 1 cup whole wheat panko breadcrumbs
- ¼ cup grated Parmesan cheese
- 1 teaspoon no salt added Italian seasoning
- 2 medium zucchini, halved crosswise, cut lengthwise into ½-inch-thick slices, then sliced ½-inch thick
- Nonstick cooking spray
- ½ cup low sodium marinara

1. Preheat oven to 425°. Line 2 rimmed baking pans with parchment paper. In small bowl, whisk egg whites. In separate small bowl, whisk breadcrumbs, cheese and Italian seasoning.

2. Dip zucchini in egg whites then in breadcrumb mixture to coat both sides; place in single layer on prepared pans. Spray zucchini with cooking spray. Bake 25 minutes or until golden brown and crisp; serve with marinara.

Approximate nutritional values per serving:

*107 Calories, 2g Fat (1g Saturated), 4mg Cholesterol,
130mg Sodium, 16g Carbohydrates, 1g Fiber, 7g Protein*

Ingredients

Serves: 34 truffle bites

- 12 oz almond butter, creamy
- 1.2 oz natural almond flour/meal
- 1.35 oz Ghirardelli dark chocolate & cocoa sweet ground powder
- .1 oz espresso powder
- .2 oz ground cinnamon
- 2 oz honey
- 1.5 oz natural, small chopped almonds
- 1.2 oz raw organic cacao nibs
- 1.5 oz natural almond flour/meal

Preparation

1. Place almond butter, the first 1.20 oz. amount of almond flour/meal, Ghirardelli dark chocolate & cocoa sweet ground powder, espresso powder, cinnamon and honey in a stand mixer fitted with a paddle. Blend lightly until creamy smooth and all ingredients are evenly combined.
2. Add the small chopped almonds & cacao nibs and lightly blend until evenly combined.

3. Scoop the mixture into 1 Tbsp size portions, then roll each in the palm of your gloved hands to form a bite-size truffle ball shape.
4. Refrigerate to firm/set the balls.
5. When ready to serve, gently roll the Choco Almond Energy Bites in the remaining 1.50 oz. amount of almond flour/meal - to lightly & randomly coat the outside of each.
6. Optional - Roll 1/2 the bites in the almond flour/meal and 1/2 the bites in a touch of the Ghirardelli dark chocolate & cocoa sweet ground powder.

Nutritional Info

Per Serving

NAME	AMOUNT
Calories	86
Total Fat	7g
Sodium	24mg



Total Fat

7g

Sodium

24mg

Total
Carbohydrates

5g

Dietary Fiber

1.6g

Total Sugars

2.9g

Protein

2.6g

Calcium

40.8mg

Iron

.62mg

Potassium

97.3mg