



Birthday Blondies with Sprinkles

READY IN



40 min.

SERVINGS



16

CALORIES



296 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp double-acting baking powder
- ☐ 250 g crunchy peanut butter
- ☐ 100 g chocolate chips dark
- ☐ 250 g little demerara sugar
- ☐ 1 large eggs beaten
- ☐ 45 g peanut m&ms
- ☐ 125 g flour plain
- ☐ 50 g sprinkles
- ☐ 100 g butter unsalted softened

☐ 1 tsp vanilla extract

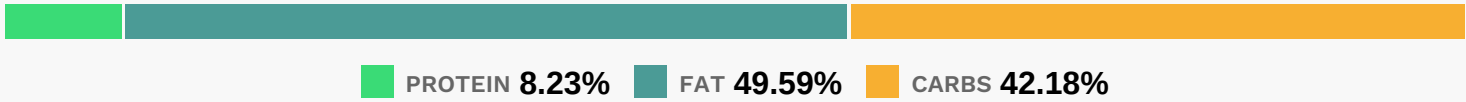
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat the oven to 170c/150c fan/325f/Gas Mark 3.
- ☐ Sieve the flour and baking powder into a bowl.
- ☐ In a large bowl cream together the butter and peanut butter until lovely and soft, then add the sugar, egg, and vanilla. Beat until well combined.
- ☐ Fold the flour mix in, then fold in all the sweeties and most of the sprinkles. Leave plenty to sprinkle on top.
- ☐ Pour the mixture into a lined square brownie pan and smooth out. Then dust with the rest of the sprinkles.
- ☐ Bake for 25–30 minutes until almost firm in the middle and golden.
- ☐ Allow to cool in the tin, then cut into 16 squares.
- ☐ Enjoy!
- ☐ Try not to think about the calories!

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:4.53, Inflammation Score:-3, Nutrition Score:6.4526087295102%

Nutrients (% of daily need)

Calories: 296.25kcal (14.81%), Fat: 16.77g (25.79%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 30.13g (10.96%), Sugar: 21.86g (24.29%), Cholesterol: 25.13mg (8.38%), Sodium: 168.52mg

(7.33%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Protein: 6.26g (12.52%), Manganese: 0.43mg (21.33%), Vitamin B3: 3.12mg (15.6%), Phosphorus: 101.36mg (10.14%), Folate: 38.39µg (9.6%), Magnesium: 35.3mg (8.83%), Vitamin E: 1.26mg (8.43%), Calcium: 79.35mg (7.93%), Fiber: 1.97g (7.87%), Selenium: 5.48µg (7.83%), Copper: 0.14mg (7.16%), Vitamin B1: 0.1mg (6.98%), Iron: 1.05mg (5.81%), Potassium: 196.14mg (5.6%), Zinc: 0.82mg (5.48%), Vitamin B2: 0.09mg (5.15%), Vitamin B6: 0.09mg (4.61%), Vitamin B5: 0.36mg (3.6%), Vitamin A: 173.69IU (3.47%), Vitamin D: 0.16µg (1.04%)