



Gluten-Free Almond Butter Blondies



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



1

CALORIES



2941 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup almond butter
- ☐ 0.5 tsp almond extract
- ☐ 0.3 cup almond flour
- ☐ 2 tbsp almond paste chunks
- ☐ 0.5 tsp double-acting baking powder
- ☐ 0.3 cup carob chips for soy-free, use an allergen-free brand such as enjoy life
- ☐ 2 tbsp golden flax seeds
- ☐ 0.3 cup rice milk

- ☐ 0.3 tsp salt
- ☐ 0.8 cup sorghum flour
- ☐ 0.8 cup sugar
- ☐ 2 tbsp tapioca flour
- ☐ 2 tsp vanilla extract
- ☐ 0.3 cup vegetable oil can sub baking oil to keep it soy-free your favorite canned

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ toothpicks
- ☐ immersion blender

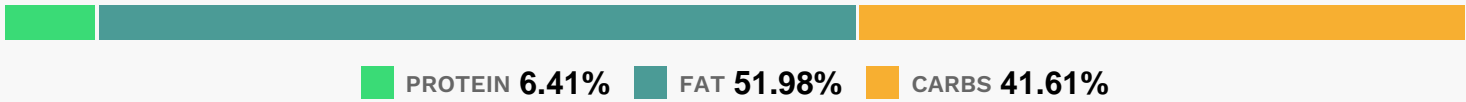
Directions

- ☐ Preheat the oven to 350 degrees F and spray an 8 by 8 inch metal baking pan with cooking spray. Use a blender or food processor to grind the sugar into a powder. Grinding the sugar is what will give the blondies that lovely crusty top.
- ☐ Add the oil, almond butter, 1/3 cup of milk, vanilla extract, almond extract, flax seeds, and blend or process until smooth.
- ☐ Combine the sorghum flour, almond flour, tapioca starch, baking powder, and salt in a medium sized bowl.
- ☐ Pour the almond butter mixture on top of the dry ingredients. Using a hand blender, beat on high until a smooth dough forms. If the batter is crumbly or too hard, add a tablespoon of milk. The batter should be fairly thick but just thin enough to pour out of the bowl. Stir in the chocolate or carob chips and the almond paste chunks.
- ☐ Pour the blondie batter into the prepared baking pan and bake for 18 to 20 minutes or until a toothpick inserted in the middle of the blondies comes out with a few moist crumbs. Take care not to over bake them or they will be too crumbly.

☐

Let them cool completely before cutting them into squares.

Nutrition Facts



Properties

Glycemic Index:273.09, Glycemic Load:111.99, Inflammation Score:-10, Nutrition Score:54.270434634841%

Nutrients (% of daily need)

Calories: 2941.29kcal (147.06%), Fat: 175.91g (270.63%), Saturated Fat: 26.12g (163.27%), Carbohydrates: 316.82g (105.61%), Net Carbohydrates: 284.53g (103.47%), Sugar: 190.85g (212.05%), Cholesterol: 2.63mg (0.88%), Sodium: 883.62mg (38.42%), Alcohol: 3.61g (100%), Alcohol %: 0.7% (100%), Caffeine: 37.63mg (12.54%), Protein: 48.78g (97.56%), Vitamin E: 39.81mg (265.4%), Manganese: 5.18mg (259.07%), Magnesium: 655.65mg (163.91%), Fiber: 32.28g (129.13%), Phosphorus: 1272.01mg (127.2%), Copper: 2.32mg (116.07%), Vitamin K: 110µg (104.76%), Vitamin B2: 1.45mg (85.06%), Calcium: 782.68mg (78.27%), Iron: 13.08mg (72.69%), Zinc: 7.94mg (52.92%), Vitamin B3: 10.09mg (50.47%), Potassium: 1748.36mg (49.95%), Vitamin B1: 0.67mg (44.66%), Selenium: 24.99µg (35.69%), Folate: 129.51µg (32.38%), Vitamin B6: 0.56mg (28.15%), Vitamin B5: 1.6mg (16.03%), Vitamin B12: 0.08µg (1.31%)