



## Vegan Peanut Butter Blondies

 Dairy Free

READY IN



55 min.

SERVINGS



16

CALORIES



197 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 1 cup brown sugar
- ☐ 0.8 cup creamy peanut butter (a natural no stir variety)
- ☐ 0.3 cup oil
- ☐ 0.3 cup dairy-free milk beverage
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup all purpose flour
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon double-acting baking powder

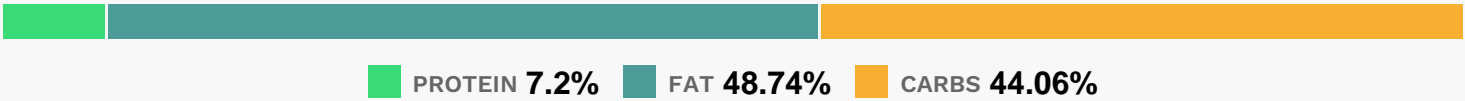
## Equipment

- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

## Directions

- ☐ Preheat oven to 350°F. Lightly grease a metal 8×8 baking dish.
- ☐ In a mixing bowl, mix together the brown sugar, peanut butter, and oil.
- ☐ Stir in the milk beverage and vanilla.
- ☐ Stir in the flour, salt, and baking powder.
- ☐ Once you get the flour somewhat mixed in, it’s easier to just use your hands to knead the dough until soft. It will be very very thick and won’t spread on its own.
- ☐ Transfer the dough to a baking pan and press it into place.
- ☐ Sprinkle on the peanuts and lightly press them into the top, if using.
- ☐ Bake for 22 to 25 minutes, the edges should be just barely coloring. The top will appear soft, that’s okay.
- ☐ Remove from oven and cool completely before slicing.

## Nutrition Facts



## Properties

Glycemic Index:13.4, Glycemic Load:4.68, Inflammation Score:-2, Nutrition Score:4.2582608655743%

## Nutrients (% of daily need)

Calories: 197.31kcal (9.87%), Fat: 11g (16.92%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 21.57g (7.84%), Sugar: 14.78g (16.43%), Cholesterol: 0mg (0%), Sodium: 143.7mg (6.25%), Alcohol: 0.17g (100%), Alcohol %: 0.51% (100%), Protein: 3.65g (7.31%), Vitamin E: 2.02mg (13.44%), Manganese: 0.24mg (12.04%), Vitamin B3: 2.21mg (11.04%), Folate: 26.01µg (6.5%), Magnesium: 23.49mg (5.87%), Vitamin B1: 0.08mg (5.36%), Phosphorus: 52.75mg (5.28%), Selenium: 3.39µg (4.85%), Vitamin B2: 0.07mg (4.09%), Iron: 0.7mg (3.9%), Copper: 0.07mg (3.67%), Vitamin B6: 0.07mg (3.57%), Vitamin K: 3.39µg (3.23%), Fiber: 0.81g (3.23%), Calcium:

31.12mg (3.11%), Potassium: 100.83mg (2.88%), Zinc: 0.38mg (2.5%), Vitamin B5: 0.18mg (1.81%)