

# Peanut Butter Oatmeal Chocolate Chip Lentil Blondies {vegan, gluten free, healthy}



Fudgy Peanut Butter lentil blondies packed with oats and plenty of chocolate chips. These vegan and gluten free bars have 5g protein per serving!

**Course** Desserts, Gluten Free, Healthy, Vegan  
**Keyword** lentil blondies

**Prep Time** 20 minutes  
**Cook Time** 20 minutes  
**Total Time** 40 minutes

**Servings** 16 blondies  
**Calories** 147 kcal  
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## Ingredients

- 1/2 cup red lentils (dry)
- 1/2 cup all-natural creamy or crunchy peanut butter (I like Trader Joe's)
- 1/3 cup pure maple syrup
- 1 tablespoon pure vanilla extract
- 1 cup gluten free rolled oats
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1/3 cup mini vegan chocolate chips, plus 2 tablespoons for sprinkling on top (I use Enjoy Life brand)

## Instructions

1. In a small saucepan, combine lentils and 1 cup of water; bring to a boil. Reduce heat, cover, and simmer for 10-15 minutes or until lentils are soft.
2. Transfer lentils to a food processor, add a few tablespoons of water, then process until lentils are a smooth puree; set aside.
3. Preheat oven to 350 degrees F. Spray 9x9 inch baking pan with nonstick cooking spray.
4. Place oats in blender or food processor and process until finely ground and smooth like flour. Don't worry, it doesn't need to be perfect but it should take a few minutes. Transfer to a large bowl and whisk in baking soda and salt; set aside.
5. In a large bowl of electric mixer, mix together peanut butter, maple syrup, and vanilla until smooth. Add in lentil puree and mix until well combined.
6. Fold in oat mixture then gently fold in 1/3 cup of chocolate chips. Pour batter into prepared baking pan and sprinkle remaining chocolate chips over the top. Bake for 20-25 minutes. Remember that you don't have to bake these completely as they are vegan, so if you like a fudgy bar don't keep them in the oven for much longer than 20 minutes!
7. Cool brownies completely on wire rack then cut into 16 squares.

## Recipe Notes

If you are baking for someone who is gluten free and/or vegan, make sure the ingredients you buy are certified gluten-free and/or contain no animal products.

Feel free to make these bars your own! Add in coconut, nibs, cinnamon, nuts, etc!

# Nutrition Facts

Peanut Butter Oatmeal Chocolate Chip  
Lentil Blondies {vegan, gluten free, healthy}

**Amount Per Serving (1 blondie)**

**Calories** 147      Calories from Fat 62

**% Daily Value\***

**Fat** 6.9g      **11%**

**Carbohydrates** 17.6g      **6%**

Fiber 3.2g      **13%**

Sugar 8.1g      **9%**

**Protein** 5g      **10%**

\* Percent Daily Values are based on a 2000 calorie diet.