



The Goldring Center
for Culinary Medicine



TULANE UNIVERSITY
School of Medicine

White Bean Blondies

The perfect balance of fudgy and cakey, and no one will guess they are made with fiber and protein-rich white beans for an added health boost!

YIELD 12 SERVINGS	PREP TIME 10 MIN	BAKE TIME 10-12 MIN
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INGREDIENTS

½ cup	Quick or Instant Oats
1 (15oz) can	White beans, no salt added or low-sodium, drained and rinsed
¼ cup	Canola Oil
½ cup	Brown Sugar
½ tsp	Baking Powder
2 tsp	Vanilla Extract
⅛ tsp	Kosher Salt
⅓ cup	Mini Chocolate Chips, semi-sweet

CHEF'S NOTES

You can use any white bean, such as cannellini, great northern, or navy beans to make these delicious cookie-like treats!

Because these do not contain eggs, it is safe to under bake them for a fudgier dessert, if you prefer that texture. In this case, a toothpick would not come out clean. You can also make these vegan by using dairy-free mini chocolate chips.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 350°F (180°C). Spray a mini muffin pan (24 cups) with non-stick cooking spray and set aside.
2. In a large blender, blend the oats on high speed to create a fine powder. Move the oat flour to a small bowl. Set the blender aside to be used again.
3. Drain the white beans in a colander and thoroughly rinse them off.
4. In the blender, combine the white beans, oil, brown sugar, baking powder, vanilla, and salt. Starting on low and gradually increasing the speed, blend on high until very smooth.
5. Add the oat flour to the mixture in the blender and blend on low until just combined. Use a spatula to transfer the batter to a medium bowl and fold in the chocolate chips.
6. Using a small scoop or tablespoon, fill the cups of the mini muffin pan ¾ of the way.
7. Place the muffin tin in the oven and bake for 10-12 minutes. Check to see if they are done by inserting a toothpick into the center of the tallest one. If it comes out clean, they're done.
8. Cool for 5 minutes before removing from the muffin tin.

Nutrition Facts

12 servings per container

Serving size **2 brownies (59g)**

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 18g **7%**

Dietary Fiber 2g **7%**

Total Sugars 10g

Includes 9g Added Sugars **18%**

Protein 3g **6%**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.2mg 6%

Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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