

Island Coconut Blondies

Serving Size 1 slice

Servings 16

Prep Time 5 min

Cook Time 20-25 min



Nutrition Information

Calories	100
Fat	5.3 g
Saturated fat	1.3 g
Polyunsaturated fat	0.4 g
Monounsaturated fat	3.5 g
Cholesterol	11 mg
Sodium	26 mg
Carbs	11.4 g
Fiber	2.1 g
Protein	2.2 g

Health Benefit

[Low Calorie](#)

Ingredients

1 15-ounce can cannellini beans, rinsed and drained

3/4 cup brown sugar, dark

1/4 cup whole grain flour

1 teaspoon pure vanilla extract

1/3 cup olive oil

1 egg, beaten

Pinch salt

1/2 cup unsweetened coconut flakes

1/4 cup no-sugar-added dried fruit, chopped (e.g. apricot, mango, or pineapple)

Toasted coconut, for garnish

Directions

1. Heat oven to 350°F; grease and flour a square baking pan.
2. In a blender, pulse all ingredients except coconut flakes and dried fruit until smooth (about 10-20 seconds).

3. Transfer mixture to a large bowl and stir in coconut flakes and dried fruit.
4. Pour batter into baking pan and cook for 20-25 minutes.
5. Let cool, cut into squares, and serve. Top with toasted coconut if desired.
6. Handy Hint: Want it a la mode? Serve with a scoop of banana "ice cream." Simply blend 1 frozen banana with 1 teaspoon low-fat milk until creamy.

Jackie Gentilesco