

# THE ICE DREAM COOKBOOK by Rachel Albert

## Gluten Free Date-Nut & Chocolate Chip Blondies

**HANDS-ON:** 30 MINUTES • **COOKING:** 25 TO 30 MINUTES • **YIELD:** 16 SQUARES

### INGREDIENTS

#### Wet ingredients:

- 1/2 cup packed soft, pitted dates
- 1/3 cup virgin-pressed coconut oil **or** palm shortening
- 1/4 cup honey
- 2 medium to large eggs, at room temp (see variations)
- 2 teaspoons pure vanilla extract **or** alcohol-free vanilla flavoring

#### Dry ingredients:

- 1/3 cup millet flour, brown rice flour, sweet brown rice flour, sorghum flour, **or** combination (lightly spoon into measuring cup and level)
- 2 tablespoons unmodified potato starch **or** organic cornstarch (spoon into measuring cup and level)
- 1/3 cup almond, walnut, pecan, **or** pumpkinseed meal (from toasted, pulverized nuts or seeds)
- 1/2 teaspoon, non-aluminum baking powder
- 1/2 teaspoon xanthan gum **or** guar gum
- 1/4 teaspoon finely ground unrefined sea salt
- 1/4 teaspoon *pure* stevia extract powder **or** 1/2 teaspoon *clear* stevia extract liquid added with the wet ingredients
- 1/2 cup bittersweet chocolate chips **or** coarsely chopped bittersweet dark chocolate (70 to 73% cocoa content), **or** cacao nibs, optional.

These moist and delicious blondies contain all the flavor with half the fat and sugar found in most recipes. Dried pitted dates add moisture and sweetness.

**Note:** Allow enough time to soak dates before assembling the recipe. You will need a blender, Vita-Mix, or food processor to purée them.

#### **1 DATE-NUT BLONDIE WITH CHOCOLATE CHIPS:**

154 calories  
1.9 grams protein  
17.2 grams carbohydrate  
8.7 grams fat  
50 milligrams sodium

#### **1 DATE-NUT BLONDIE WITHOUT CHOCOLATE CHIPS:**

114 calories  
1.7 grams protein  
12.3 grams carbohydrate  
6.4 grams fat  
46 milligrams sodium

### DIRECTIONS

1. Place dates in a bowl. Add warm water to cover by 1 inch. Let soak for 1 to 3 hours.
2. Scoop dates out of soaking liquid and set aside. Position rack in center of oven and preheat to 350° F. Generously grease an 8- inch square or 9-inch round cake pan.
3. Combine wet ingredients in a blender, Vita-Mix, or a food processor. Blend until smooth. If using a blender or Vita-Mix, scrape purée into a medium bowl.
4. Whisk dry ingredients, then add to wet ingredients and blend. Fold in optional chocolate chips. Scrape batter into prepared pan. Smooth the top with a damp spatula.
5. Bake until the edges begin to pull away from the sides and a toothpick inserted into the center comes out clean, 25 to 30 minutes. The center will firm up as it cools.
6. Cut into 16 squares. Allow to cool, then store in a covered container at room temp for up to 1 week or refrigerate or freeze for longer storage.

### VARIATIONS

- \* **Gluten-Free Chestnut Blondies:** Replace 1/3 cup millet flour, sweet rice flour, or sorghum flour with chestnut flour.
- \* **Egg-Free Blondies:** Replace each egg with 3 tablespoons apple sauce + 1/2 teaspoon baking powder **or** 1 tablespoon flaxseed meal + 3 tablespoons boiling water. Let flax seed mixture stand for 10 minutes, then whisk and add to wet ingredients.