



GLUTEN-FREE CHOCOLATE CHIP PROTEIN BLONDIES

with Vava Vanilla



Serving: 9-12 blondies 🕒 30 minutes

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Inside Tips: For extra gooey blondies, slightly underbake them and let them finish setting as they cool. If you prefer a firmer texture, refrigerate them for an hour before slicing!

WHAT YOU NEED

Ingredients

- 1 ½ cups Dilettoso Vava Vanilla Mix
- ½ cup vanilla or unflavored protein powder (whey or plant-based)
- ¼ teaspoon salt
- ⅓ cup nut butter (almond, cashew, or peanut)
- ⅓ cup unsweetened applesauce (or mashed banana for extra sweetness)
- ¼ cup melted coconut oil (or avocado oil)
- ⅓ cup unsweetened almond milk (or any milk of choice)
- 1 teaspoon apple cider vinegar (for extra fluffiness)
- 1 teaspoon cinnamon (optional, for warmth)
- ⅓ cup sugar-free chocolate chips

HOW TO DO IT

1. **PREHEAT** your oven to 175°C (350°F).
2. **LINE** an 8x8-inch baking pan with parchment paper or lightly grease it.
3. **MIX** Dry Ingredients: In a large bowl, whisk together Dilettoso Vava Vanilla Mix, protein powder, and salt.
4. **COMBINE** Wet Ingredients: In another bowl, whisk nut butter, applesauce, melted coconut oil, almond milk, and apple cider vinegar until smooth.
5. **MIX** Everything: Gradually add the wet ingredients to the dry mixture, stirring until well combined. The batter will be thick.
6. **FOLD** in Chocolate Chips: Gently fold in the sugar-free chocolate chips, reserving some for topping.
7. **BAKE:** Spread the batter evenly into the prepared pan, then sprinkle remaining chocolate chips on top. Bake for 18-22 minutes or until the edges are golden and a toothpick inserted in the center comes out with a few moist crumbs.
8. **COOL & SERVE:** Let the blondies cool in the pan for 10-15 minutes before slicing.
9. **ENJOY** warm or at room temperature!

Buon Appetito!