

Blonde Honey Bars

HolisticQ Signature Recipe

Time to make some Blondies! These naturally sweetened honey bar blondies are the perfect addition to a Sunday brunch, after dinner dessert, or simply just to munch anytime! Delicious, healthy, sweet and naturally gluten free.

Ingredients: All organic

3 cups mashed [WHITE sweet potato](#).
16oz all-natural nut butter of choice
½ cup pure honey
2/3 cup Golden Flax seed meal
2 teaspoons baking soda
1 Tablespoon vanilla
3 large eggs

Preheat oven to 350*

Grease a 9x13 glass, ceramic, or metal baking dish with coconut oil.

Mix all ingredients very well and pour evenly into baking dish. Batter will be very THICK!

Bake at 350* for 30 - 40 minutes.

Remove from oven and cool on wire rack.

Cut into squares and serve warm, or chilled in the frig.

These Blondies are extra rich and moist. We prefer them served chilled with Whipped Cream topping!