

Beauty Blend Blondies (S)

Enjoy another excellent recipe in the Beauty Blend Collection! "Beauty Blend Blondies" is a moist and delicious way to enjoy a "blondie" while "beautifying" with some special superfood ingredients. Originally published in [Trim Healthy Table](#), page 513.

Makes: Multiple Servings

INGREDIENTS:

- ½ cup [TH Baking Blend](#)
- 1 Tbs [TH Just Gelatin](#)
- 3 Tbs [TH Integral Collagen](#)
- 1 tsp aluminum-free baking powder
- ¼ cup [TH Gentle Sweet](#)
- 1 Tbs [TH Super Sweet Blend](#)
(or 3 to 4 doonks [TH Pure Stevia Extract](#))
- ½ tsp [TH Mineral Salt](#)
- 4 Tbs butter (1/2 stick)
- 2 Tbs ghee (clarified)
- ¾ cup egg white (s) (carton or fresh)
- 1½ tsp [TH Natural Burst Vanilla Extract](#)
- ½ tsp [TH Natural Burst Butter Extract](#) (1/2-3/4 teaspoon)
- 1 Tbs 0% Greek yogurt (plain)
- 1/3 cup on plan chocolate chips (or chopped 85% chocolate)
- Chopped nuts, optional (chopped walnuts, pecans, or macadamia nuts)



DIRECTIONS:

1. Preheat the oven to 300°F. Grease an 8-inch square baking dish.
2. Put the Baking Blend, gelatin, collagen, baking powder, sweeteners, and salt in a food processor and pulse to combine. Add the butter and ghee and pulse a few times to coat it with flour. Add the egg whites, vanilla, butter extracts, and yogurt and blend for another few seconds. Take the blade out of the food processor, add the chocolate chips and optional nuts, and stir well. (Or blend all the ingredients except the chocolate chips and nuts in a bowl with a stick blender, then stir them in.)
3. Spread the batter into the prepared dish. Bake for 40 minutes, then turn off the oven and allow to cool in the turned-off oven. (For chewier blondies, after 40 minutes of baking at 300°F, reduce the oven temp to 170°F and bake for another hour, then allow to cool in the turned-off oven.)

This and other delicious TH recipes can be found at www.TrimHealthyMembership.com