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Chocolate-Chip Apricot Blondies

Ingredients

1 ½ cups	whole grain spelt, kamut, or rice flour, or a combination
1 tsp	baking powder
½ tsp	baking soda
pinch	nutmeg
2 tbsp	ground flaxseeds
¾ cup	vanilla yogurt or soy yogurt
¼ cup	maple syrup or rice syrup
2 tbsp	coconut oil, butter, or grapeseed oil
¼ cup	rice, almond, or soy milk, as needed
½ cup	finely diced organic dried apricots
½ cup	dark chocolate or carob chips
¼ cup	chopped walnuts

Directions

Preheat oven to 350°F. Lightly oil a 9x9 inch baking pan. Combine flour, baking powder, baking soda, nutmeg, and flaxseeds in a bowl and stir to mix. Make a well in the center of the dry ingredients and add the yogurt, syrup, oil, and enough milk to make a smooth but slightly stiff batter. Stir to thoroughly combine. Add apricots, chocolate chips, and walnuts. Smooth mixture into the prepared pan. Bake 25-30 minutes, or until the top is golden brown and toothpick comes out clean. Cool the blondies in the pan until warm then cut into squares.

Adapted from www.care2.com.

Nutritional Value of Select Ingredients

Whole grain flours – The risk of diabetes, heart disease, stroke, and cancer can be reduced by simple changing from refined to whole grains. They are high in chromium, vitamins, minerals, protein, and fibre that are lost in the process of refining.

Flax seeds – Flax seeds are a great laxative, and are high in essential fatty acids (EFA's) (when ground or chewed). They are full of anti-cancer lignans and phytoestrogens. The oil found in flax seeds can aid in reducing cholesterol and slow the progression or rheumatoid arthritis and atherosclerosis.

Maple Syrup – This natural sweetener contains a high amount of manganese, which is essential for energy production and antioxidant defenses. It is also high in zinc, required for good arteries, skin, and the immune system.

Walnuts – These nuts contain beneficial polyunsaturated fatty acids that are great for the brain and lowering cholesterol. They are high in protein, fibre, minerals, and vitamins.

Coconut Oil – The oil from the coconut are monosaturates of the omega 7 family. Contrary to popular belief, coconut oil actually helps raise good HDL cholesterol levels. Tropical oils have been part of a healthy tropical lifestyle for thousands of years, and are very stable for cooking and baking.