

Apple Blondies with Walnuts

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These have just the right amount of sweetness, and thanks to the protein and healthy fats, they're a great healthy snack!

P90X/P90X2 Portions

1 Single-Serving Snack

P90X3 Portions

1 Carb

1 Fat

Body Beast Portions

1 Starch

1 Fat

Container Equivalents

$\frac{1}{2}$ Purple

$\frac{1}{2}$ Yellow

$\frac{1}{2}$ Blue

$\frac{1}{2}$ tsp.

2B Mindset Plate It!

Enjoy as an occasional treat. Be sure to track it.

INGREDIENTS

- $\frac{1}{2}$ cup coconut flour
- 2 scoops Vanilla Vegan Shakeology
- 1 tsp. pumpkin pie spice
- $\frac{1}{4}$ cup all-natural almond butter
- $\frac{1}{3}$ cup pure maple syrup
- $\frac{1}{2}$ cup unsweetened applesauce
- 1 Tbsp. unsweetened almond milk (optional)
- $\frac{1}{2}$ cup coarsely chopped raw walnuts
- $\frac{1}{2}$ cup golden raisins

INSTRUCTIONS

1. Combine coconut flour, Shakeology, and pumpkin pie spice in a medium bowl; mix well. Set aside.
2. Combine almond butter and maple syrup in a microwave-safe bowl. Heat on high for 30 to 45 seconds, or until almond butter is melted; mix well.
3. Add almond butter mixture to coconut flour mixture; mix well with clean hands or a rubber spatula.
4. Add applesauce, almond milk, walnuts, and raisins; mix well.
5. Roll into 16 balls, about $1\frac{1}{4}$ -inch in diameter each.

ENJOY!