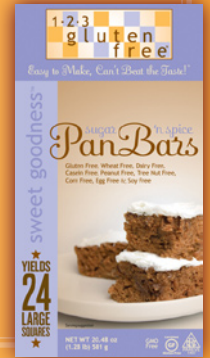


egg-free pan bars



1 package 1-2-3 Gluten Free® Sweet Goodness Pan Bar Mix
½ –15 oz. can of garbanzo beans (chick peas), drained
1 Tbsp. + ½ cup vegetable oil

FLAVORING: ¾ cup sugar-free applesauce OR canned pumpkin OR mashed banana
OR canned mashed sweet potato or 1 cup finely shredded zucchini

- ① Preheat oven to 350° F. Spray 9" x 13" pan with non-stick spray.
- ② In bowl of food processor, mix drained chickpeas with vegetable oil. Mix until very smooth.
- ③ Pour Sweet Goodness Pan Bar Mix into bowl of mixer. Add garbanzo bean/oil mixture and flavoring (¾ cup sugar-free applesauce OR canned pumpkin OR mashed banana OR canned mashed sweet potato or 1 cup finely shredded zucchini). Mix and blend well.
- ④ Add any optional ingredients (i.e. raisins, chocolate chips, dried fruit) and stir in by hand.
- ⑤ Pour mix into greased pan and spread evenly.
- ⑥ Bake for 30-33 minutes, until toothpick inserted in center comes out clean.
- ⑦ Cool. Sprinkle with powdered sugar or ice with cream cheese icing or leave plain. Cut and serve.

Makes 24 bars.

