

# Cranberry-Chocolate Chip Blondies

Best  
RECIPES



Resistant Starch

**Makes:** 12 servings  
**Prep time:** 15 minutes  
**Total time:** 40 minutes &  
30 minutes to cool

With 3 grams of resistant starch, these blondies, made with natural Hi-maize® resistant starch from corn, offer more benefits than just great taste. Hundreds of peer-reviewed studies demonstrate that consuming Hi-maize as part of a healthy eating plan provides benefits related to *weight control, glycemic management and digestive health.*

*Why even try to resist?*

## Ingredients:

- 1½ cups all-purpose flour
- ½ cup **Hi-maize** resistant starch
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1½ cups packed light brown sugar
- 6 tablespoons unsalted butter, melted
- 2 large eggs, lightly beaten
- 2 teaspoons vanilla extract
- ⅓ cup dried cranberries
- ⅓ cup semisweet mini chocolate chips
- 2 tablespoons confectioners' sugar (optional)

## Preparation

1. Preheat the oven to 350 degrees F. Coat a 9" x 9" baking pan with cooking spray, then lightly dust with flour.
2. Combine the flour, resistant starch, baking powder, and salt in a bowl. Combine the sugar, butter, eggs, and vanilla extract in a large bowl. Add to the flour mixture and stir until just combined. Fold in the cranberries and chocolate chips.
3. Spread or press the batter into the prepared pan. Bake for 25-26 minutes, or until a wooden pick inserted into the center comes out with moist crumbs attached. Cool in the pan on a rack for 30 minutes. Cut into 12 bars and sprinkle with confectioners' sugar, if desired.

**Per serving:** 249 calories, 3 g protein, 44 g carbohydrates, 3.5 g fiber, 8 g fat (4.8 g saturated fat), 135 mg sodium

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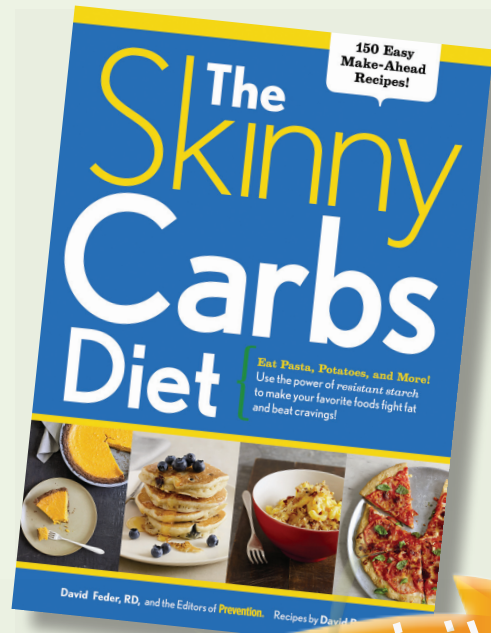


*Resistant Starch*

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**More Hi-maize® recipes inside!**

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