

## **Salmon Blondies**

*From the Kitchen of Karen Blumenthal*

- 1 - 14½ oz. Can Salmon
- ½ cup Cottage Cheese
- 1½ cups Garbanzo Bean flour (or other non-grain flour)
- ½ cup shredded Cheddar Cheese



Preheat oven to 350 degrees.

Empty can of salmon - liquid, bones and all - into food processor or mixer. Add cottage cheese and mix together well. Add flour and cheddar and mix into a sticky, loose dough. Cover a baking sheet with aluminum foil and spray with Pam. Turn dough out onto the greased sheet and push flat with wet hands. Bake for 30 to 40 minutes until golden brown. When cool, cut into the desired size - pizza cutter works well.

Store in refrigerator for no more than week or freeze.