

Namaste Foods Blondies Mix (Vegan, Gluten-Free, Nut-Free, Soy-Free)

Namaste … it sounds like such a gentle name, so calm, so peaceful. But this brand is evil... evil I tell you! I had been almost completely sugar-free for two months (not even agave) with only the occasional light product sampling for review sake. But then, I had to sample the Namaste Cookies … just a half a cookie, I thought. This was all I needed to write an accurate review. My friends and family would easily polish off the rest.

Usually, I show amazing self-restraint, but three rather sizable cookies later, I found myself “jonesing” for more! Luckily, the sinful cookies quickly disappeared (gasp!), polished off by the other cookie fiends milling about. The only Namaste temptation left to trial was their Blondies. I felt confident, my will power regained. After all, if I have any weakness, it is cookies, but blondies? Nah, they sound too close to cake. I would just have a small square and be back to my sugar-free ways….

I repeat, EVIL…pure evil! No seriously, are these things for real? Dense and “fudgy,” Namaste’s Blondies were unlike any bar I had ever tasted. The soft and thick interior melted in my mouth like warm cookie dough. The intense sweetness and vanilla flavor sparked my taste buds as they shouted “dessert, a real dessert!” As if the over-the-top indulgence of the blondies weren’t a sinful enough pleasure in its own right, a sugary crust enclosed the moist interior. Had I gone to heaven, or returned to the depths of sugar addiction? Either way, I didn’t care … I needed more. Going back for a second square, and a third, it seemed I wasn’t alone as the sizable pan was further and further receded each time I returned.

I believe it was after my second bar, or maybe the third, that I stopped in my tracks, “wait a minute, these are gluten-free?” Wrapped up in the sheer pleasure of this treat, I became completely absent-minded of their “free-from” nature. No dairy, no gluten, from a mix… but really, who could tell? These were quite simply one of the most delicious bar treats I had ever tasted, period. I would put them head to head with a butter-laden, wheat-stuffed, made-from-scratch bar any day!

Now that I had labeled this sugary-sweet pan of dessert as my willpower’s arch-nemesis, who else could I share them with? The mix makes a very generous 9 x 13 inch pan of these blondies, which stand nearly 2 inches tall each, and are quite dense. We needed some help. While we could have polished them off ourselves, I somehow didn’t think that would be such a good idea. So, what does one do when they have too many guilty, indulgent, snackable desserts on hand? Of course, take them to the gym to share! Evil I tell you … pure evil.

My Extra Notes & Tips:

- These bars need no additions, but a sprinkling of Enjoy Life’s Mini Chocolate Chips on top melded nicely.
- This may be a more difficult one to fully veganize, as the 13 x 9 inch pan called for 3 eggs. Nonetheless, I believe these have been successfully trialed sans eggs. See the Namaste FAQ’s for egg-free tips.
- All of Namaste’s baking mixes and pasta mixes are excellent for those with food allergies intolerances, or Celiac Disease. They are made in a dedicated facility, free of gluten, wheat, tree nuts, peanuts, dairy, corn, soy, and potato. Trust me, they are meant for sharing; even “glutenous” critics will rave.

Where to Purchase: Namaste mixes are sold in stores throughout the US in Canada, see their website for a store locator. Of course, you can purchase the cookie mix directly from Namaste or at a discount via Amazon.