

RAW CHOCOLATE BROWNIES

RECIPE BY: GEMMA OBERHOLZER



GLUTEN FREE

DIFFICULTY: EASY - INTERMEDIATE

TIME: 30 MINS

YIELDS: 16 BROWNIES

These gooey brownies contain NO sugar, NO eggs and NO flour. Plus, chocolate stimulates dopamine release which helps us feel more motivated and happy! Dig in!

METHOD

Remove the pits from the dates and chop the almonds. Place the walnuts in food processor and blend until finely ground. Add the cocoa powder and salt. Pulse to combine. Turn on the food processor. As the it's running, add one date at a time. Once you have added all your dates, the mixture should be a little crumbly, but easily formable. You can test it by taking out a small chunk and rolling it into a ball in your hand. If the mixture is too dry, add more dates. Put the almonds and pulse a couple times to combine (if a ball has formed, you can also mix in the almonds in a bowl).

Forming the brownies: Line a small square dish with wax paper and press into the desired thickness. You can also press the brownie mix into a greased muffin tray. Place in the refrigerator or freezer for 5 to 10 minutes to firm up; they can easily be cut when cold. Dust with cinnamon to serve.

INGREDIENTS

- 1 1/4 cups Medjool dates
- 1/4 cup almonds (unsalted)
- 1 cup walnuts (unsalted)
- 1/2 cup cocoa powder
- 1/8 tsp salt
- Cinnamon for dusting