

Smart Brownies

These dense rich tasting brownies will satisfy your sweet tooth and actually have nutritional value from raw cacao, nuts, dates and spices. It's a smart brownie! Beware they are addicting!

Ingredients

2 cups raw Walnuts, sprouted recommended
2 ½ cups Medjool Dates, pitted
1 cup raw Cacao + additional for dusting
¼ teaspoon ground Sea Salt
¼ teaspoon ground Cinnamon
¼ teaspoon ground Nutmeg
½ teaspoon raw Vanilla Powder (raw Vanilla Bean or Pure Vanilla Extract may be substituted to taste)
½ cup roughly chopped raw Almonds, sprouted recommended

Preparation

Pulse walnuts in a food processor until finely ground. Add cacao, sea salt, cinnamon, nutmeg and vanilla and pulse to combine. Gradually add the dates in small amounts while machine is running. The mixture should easily stick together. If needed add more dates. Combine the mixture with the chopped almonds in an 8x8 -baking dish then press evenly into the pan. Cover and refrigerate until very cold (overnight is best) and cut into preferred sized squares. Dust with sifted cocoa powder and serve.

*Store brownies in an airtight container and keep refrigerated for up to 5 days.

Makes 12-16 Brownies