



Here's a brownie with benefits that you can feel good about eating. These no-bake treats taste ultra decadent, yet are free of added sugar thanks to naturally sweet dates. Each vegan, gluten free brownie also boasts fiber and plant-powered protein.

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BROWNIE POINTS

Quick and Easy No-Bake Brownies

12 dates with the pits removed
¼ cup almonds
1 cup walnuts

½ cup cocoa powder
¼ teaspoon sea salt
¼ teaspoon cinnamon

In food processor, process almonds and walnuts until crumbly. Add dates to processing until well mixed. Add the cocoa powder, sea salt, cinnamon and finish processing to a smooth consistency. Taste mix. If it's not sweet enough for you, add more dates or a small amount of maple syrup. Press brownie mix into a wax paper-lined, small square glass dish.

Refrigerate for 15 to 30 minutes before cutting.

Enjoy!

