

RAW BROWNIE



RAW BROWNIE

15
SERVES

20'
TIME


DIFFICULTY

 
ALLERGENS

INGREDIENTS

- 175 gr raw walnuts
- 180 gr raw almonds
- 200 gr dates (pitted // if dry, soak in warm water for 10 minutes then drain)
- 75 gr cacao powder or unsweetened cocoa powder
- 15 gr cacao nibs (plus more for topping)
- 1/2 tsp sea salt

1. Place 2/3 of the walnuts and all the almonds in food processor and process until finely ground.
2. Add the cacao powder and sea salt and pulse to combine. Transfer to bowl and set aside.
3. Add the dates to the food processor and process until small bits remain. Remove and set aside
4. Add the nut and cocoa mixture back into food processor and while processing, start adding the date pieces down into the food processor or blender
5. Process until you get a dough consistency and, add more dates if the mixture does not hold together when squeezed in your hand. You may not use all the dates.
6. Add the brownie mixture to a small parchment lined 8x8 dish and before pressing, add remaining chopped walnuts and cacao nibs and toss to combine and evenly distribute. Then press down with hands until it is flat and firm.
7. Transfer back to dish and place in fridge to chill for 10-15 minutes before cutting



MINI BANANA MUFFINS

MINI BANANA MUFFINS

18
SERVES

15'
TIME


DIFFICULTY

 
ALLERGENS

INGREDIENTS

- 2 cups gluten free oats
- 1 cup peanut butter
- 3 ripped and smashed bananas
- 3 tablespoons agave/date syrup
- optional: chocolate chips

The perfect snack for those with a sweet tooth. I like to make them mini, so I can eat one or two on a go. However, if you don't have a muffin tray you can also do cookies with the same dough

1. Line a muffin pan with liners.
2. Preheat the oven at 180 degrees
3. Pour all the ingredients but the chocolate chips together and blend them until you have a nice consistency.
4. Add the chocolate chips and stir them together
5. add the mix into the liners
6. Bake for 16-18 minutes at 180 degrees

NOTE: I recommend you to start with small amounts of agave syrup as the bananas are already sweet. try the mix until you find the right taste for you.