

# No Bake Brownie Bites

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Yield: 8 blocks

Prep time: 10mins

Total time: Fridge overnight.

## Ingredients

Coconut Flower |  $\frac{3}{4}$  Cup

Cocoa Powder |  $\frac{1}{4}$  cup

Maple Syrup |  $\frac{1}{2}$  Cup

Plant Milk |  $\frac{1}{2}$  Cup

Vanilla Extract | 1 tsp

Salt |  $\frac{1}{4}$  tsp

## Instructions

Process all ingredients in a food processor into a uniform mixture. If like me you don't have one then I have discovered that a fork and a bowl is just as effective. If needed thicken the mixture with a little extra coconut flour.

You can then either roll these into balls (about 1 tbs each or, I prefer to shape into a large block and cut up into eight later.

Allow to rest then eat. But I find that if you put them in the fridge overnight the consistency is better. Enjoy!

## Special diet information

Gluten Free / Vegan

90cal per serving. 12g Carbs / 1.7g Fat / 2.7g Protein

(these values are a rough guide from a macro calculator based on the ingredients I used. Different brands / specific ingredients could change this significantly)