

Nut No Bake Brownies

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Yield: 8 blocks

Prep time: 15mins

Total time: Fridge overnight.

Ingredients

Walnuts | 1 ½ Cup

Pitted Medjool Dates | 2 Cups

Cacao Powder | 4 tbsp

Vanilla Extract | 1 tsp

Salt | ½ tsp

Instructions

Finely chop up dates and walnuts (if you have a food processor then I guess it will do it for you!). Add the rest of the ingredients and mix together with a fork and some effort! (Again if you have a food processor...) You may find that it is a little dry and does not bind together (cheap dates I imagine haha), in which case add a little water.

Put the mixture onto a sheet of grease proof paper and shape into a large block and cut up into eight later.

Put in the fridge overnight then started eating it in the morning!

Special diet information

Vegan

232cal per serving.

24.3g Carbs / 13.4g Fat / 5.8g 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)