

GRAIN-FREE

Walnut-Pecan Brownies

One taste of these delicious brownies and you'll never crave another sugar-laden version again. Be careful not to overprocess, as the oils will begin to release and you'll end up with a sticky brownie.

Ingredients

- 1/2 cup raw walnuts
- 1/2 cup raw pecans
- 1/4 cup raw cacao powder (not cocoa powder)
- 1/2 cup Medjool dates, pitted and firmly packed



Directions

1. Place walnuts and pecans in a food processor fitted with S-blade attachment and pulse until nuts are finely ground.
2. Add dates and cacao and process until mixture begins to stick together. Do NOT over process or mixture will be too sticky.
3. Place mixture into a 4X9" loaf pan lined with parchment paper, garnish with peans and slice into 6 squares. Or, use a square cookie cutter and form individual services by dividing mixture into 6 portions and pressing firmly into the cookie mold. Gently remove the modl and garnish with chopped pecans.

Benefits

Raw cacao matches the brain chemicals we have when excited, happy, or sexually aroused.

Cacao is high in flavonoids, which help promote cardio-vascular health.