



Raw chocolate brownies with caramel icing.

Sweet and sticky, dates are packed with polyphenols, Vitamin B6 and fibre, all of which may help lower the risk of certain types of cancer. This recipe is not only packed with loads of nutritious ingredients but is also vegan.

Ingredients

2 tsp B-well™ Canola & Olive oil
B-well™ Canola Baking Spray
1 cup walnuts, raw
1 cup almonds, raw
1 cup dates, pitted
¼ cup cacao powder
2 tsp vanilla extract
pinch sea salt
¼ cup water

CARAMEL ICING (OPTIONAL)

½ cup cashew butter
½ cup dates, pitted
1 tsp vanilla extract
pinch sea salt

Directions

1. Spray a small baking dish (about 30cmx30cm) with B-well™ Canola Baking Spray.
2. Process the walnuts and almonds in a food processor until they are roughly chopped. Do not process into a fine flour.
3. Add the dates, cacao, B-well™ Canola & Olive oil, vanilla and sea salt. Process until ingredients are well mixed, then add ¼ cup of water, or enough to make the mixture stick together. The mixture should look well blended with no large chunks of nuts. Add more water if needed, 1 Tbsp at a time.
4. Once blended press the mixture into the prepared baking dish and let the brownie sit in the fridge for at least 1 hour.

CARAMEL ICING

Place all of the ingredients into the food processor and mix until well combined. if you would like a thinner sauce add some water as you process the ingredients. Once well blended, remove the brownie from the fridge and layer the icing on top of the brownie mixture before placing back in the fridge to set.