

Brownies

From RAW FOOD MADE EASY for 1 or 2 people
by Jennifer Cornbleet

Yield: 8 brownies, 4 servings

1 1/2 cups raw walnuts, unsoaked
dash of salt
12 pitted medjool dates, unsoaked
1/4 cup unsweetened cocoa, carob powder or raw chocolate powder
1/2 teaspoon vanilla or cherry extract
2 teaspoons water for a moister brownie; optional
1/4 cup chopped dried cherries; optional

Chop 1/4 cup of the walnuts and set aside. Place the remaining walnuts and the salt in a food processor fitted with the S blade and process until finely ground. Add the dates and process until the mixture sticks together. Add the cocoa powder and vanilla and process until evenly distributed. Add the water, if using, and process briefly.

Transfer to a mixing bowl, add the reserved chopped walnuts and dried cherries, if desired, and mix well using your hands. Pack the mixture firmly into a square container. Chill at least 2 hours before serving. Stored in a sealed container, Brownies will keep for up to one week in the refrigerator or one month in the freezer.