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Recipe: Christmas brownies

By Emma Sutherland | 28 November 2016

0 Comments



Yes, it is possible to enjoy a brownie without the guilt-laden aftermath that usually follows it!

Christmas brownies

- 1 cup walnuts
- 1 cup almonds
- 1 cup dates
- 1 tablespoon vanilla essence
- ¼ cup raw cacao powder
- ½ cup shredded coconut
- ¾ cup of blended young green coconut water and flesh
- ¼ cup acai powder
- ½ tsp Naturally Better

Blend the nuts in a food processor till roughly chopped, then put in large stainless steel bowl. Blend the dates, vanilla, cacao, coconut water/flesh, Naturally Better and açai powder. Add to bowl with shredded coconut.

Mix with your hands until the consistency is dough like and all ingredients are evenly spread. This is the fun part for kids as it tends to get messy and you have to eat the brownie off your fingers! Press into baking tin lined with baking paper and place in fridge until set.

Take out, cover with more shredded coconut, and then slice in small pieces. Enjoy with a cup of herbal tea, knowing that you are getting a great dose of protein and anti oxidants from a treat that does not contain any raw sugar or processed chocolate.

Naturopath Emma Sutherland is brand ambassador for Zifam Pinnacle, makers of Naturally Better sweetener.

