



DATE CHOCOLATE BROWNIES

A healthy recipe by THE HEALTH BOOST

METHOD

- Preheat oven to 180°C.
- Soak the dates in very hot water for 15 minutes.
- Drain them, and set aside about ¼ cup of the liquid.
- In the food processor bowl, add the dates and whizz, regularly scrapping the sides until the mixture turns into a smooth paste as you gradually add the ¼ cup of reserved water.
- Add the eggs one at a time, and whizz until all incorporated into the mixture.
- Add the melted coconut oil and vanilla, and process.
- Add the cacao powder, and whizz again. Add the ground almonds, oatmeal, salt and bicarbonate soda and process again for 20-30seconds.
- Leave the mixture to rest for 5 minutes so the ground almonds and oatmeal can absorb some of the moisture.
- Pour batter into a 12 x 8 baking pan lined with parchment paper.
- If using, sprinkle the chocolate chips on top and use a spatula to push them in a bit.
- Slide in the oven and bake for about 40-45 minutes or until a skewer comes out clean. Let brownies cool for about 15 minutes.
- Enjoy!

INGREDIENTS

340g of pitted dates
Hot water to soak dates
4 eggs
2 teaspoons vanilla extract
1 cup melted coconut oil
2/3 cup raw/pure cacao powder
½ cup ground almond
½ cup oatmeal (oat flour)
½ teaspoon salt
1 teaspoon bicarbonate soda

Optional extras
Dark chocolate chips

PREP TIME

Prep time: 15mins
Cook time: 45mins

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