



Non-Bake Brownie (Serve 12)

Equipment: Mini chopper or food processor and baking tin

Ingredients:

(Brownie layer)

$\frac{3}{4}$ cup almond meal

8 medjool dates

1 dry fig

$\frac{1}{3}$ cup raw cacao powder

(or mix with carob)

2 tablespoons vanilla protein powder

2 tablespoons coconut cream

1 tablespoon coconut oil

1 cup nuts (e.g. walnuts, cashews, pecan, macadamia etc.)

= crush into small pieces in a chopper or mortar)

(Nut butter layer)

5 tablespoons mix of nut butter and/or tahini

(e.g. 3 cashew butter, 1 unhulled tahini and 1 black tahini)

1 tablespoon honey

3 tablespoons coconut oil



Directions:

(For nut butter layer)

Mix all ingredients well.

(For brownie layer)

- 1) Remove stones from medjool dates and cut a fig roughly.
- 2) Process 1) in a mini chopper or food processor until they become 1 blob.
- 3) Remove its blade, add the rest of ingredients and mix well.
- 4) Line the baking tin with a baking sheet. Pour its half amount in the tin and flatten with fork or spatula.
- 5) Pour the nut butter mix and spread evenly.
- 6) Put 5) in the freezer until nut butter layer settled. (about 30 mins)
- 7) Pour the rest of brownie mix and flatten with fork.
- 8) Put in the freezer. (>20 mins)
When it settled, cut it into 12.