

Raw Brownies

2 cups of Walnuts (1 cup = ½ pt) Crumbled. (other nuts work well too)

1 packed cup Medjool Dates (or soft dates)

1 cup Cacao powder

2 heaped tbsps Coconut oil

½ cup Coconut Brownie supersedes, (or Sunflower seeds, pumpkin seeds and desiccated coconut)

1 handful gogi berries (or cranberries)

1 handful cacao nibs – optional

Crumble walnuts.

Chop medjool dates.

Melt coconut oil.

Mix everything together in a mixer.

Flatten in a tray and cool in the fridge.