

Brownies

Ingredients:

- 1 1/2 cups raw walnuts
- 8 pitted medjool dates
- 1/4 cup unsweetened cocoa or carob powder
- 1/2 teaspoon vanilla extract
- 2 teaspoons water
- 1/4 cup chopped dried cherries (or other dried fruit)

Method:

1. Chop 1/4 cup of the walnuts and set aside.
2. Place the remaining walnuts in a food processor fitted until finely ground.
3. Add the dates and process until the mixture sticks together.
4. Add the cocoa powder and vanilla and process until evenly distributed. Add the water.
5. Transfer to a mixing bowl add the remaining walnuts and dried cherries, mix well with your hands.
6. Pack the mixture firmly into a square container.
7. Chill for 2 hours before serving. Store in sealed container.
8. Brownies will keep for up to one week in the refrigerator or one month in the freezer.

