



Super scrumptious (almost) raw brownies

makes 12-24 depending on size

100 g raw almonds (soaked overnight)
1 cup (200 g) dates (about 12 medjool or 24 regular), pitted
2/3 cup (50 g) raw cacao powder
1 tbsp carob powder
1/2 tsp powdered vanilla (or 1/2 vanilla bean, seeds scraped out)
1/2 tsp sea salt
1-2 tbsp almond butter (recipe below, or buy readymade)
1 tbsp virgin coconut oil

2 tbsp hemp seeds
2 tbsp cocoa nibs

50 g pecans, roughly chopped

- 1) Cover the almonds with lukewarm water, add 1 tsp sea salt and leave to soak overnight (or between 12-14 hours). Strain well and wipe off any excess water carefully using a clean tea towel.
- 2) Put almonds, dates, cacao powder, carob, vanilla, sea salt, almond butter and coconut oil in a food processor and whiz until well blended. The dough will whiz around like a ball towards the end. Add hemp seeds and cocoa nibs and whiz a little more until just blended - you'll want to keep some of the crunchiness here!
- 3) Line a 20cm square baking tin with parchment paper and turn the dough into it. Press with your fingers until you have an even layer. Add the roughly chopped pecans by loosely pressing them down into the dough.
- 4) Cover with cling film and place in the fridge for at least 30 minutes before cutting up.
- 5) Cut them in small squares if using for snacks/energy and cut them a little bigger if serving as a dessert. Powder with raw cacao before serving.

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A NOTE ON NUTS/ALMONDS: Raw nuts are a fantastic healthy snack, loaded with protein, healthy fats, fibre and important minerals like zinc, magnesium and calcium. However, raw nuts (and almonds) contain phytic acid and enzyme inhibitors that can reduce the body's ability to absorb certain nutrients properly. Soaking (and/or roasting) increases the nutrient value of all nuts, seeds and almonds along with breaking down the phytic acid and help enhance their digestibility. Which is why I always try to soak or roast nuts and almonds before using. Soaking the almonds in this recipe also makes the brownies deliciously moist and super rich.

ANOTHER NOTE: I also added all sorts of other goodness here - some for maximum taste (like carob and almond butter) and some for that extra crunch (hemp seeds and cocoa nibs). You could certainly make these brownies more basic by omitting some of the ingredients, but you would miss out on that extra taste sensation if you do. I'm not sure whether carob powder counts as raw (depends on processing method I suppose) and the same applies to almond butter since the almonds are roasted. But you could omit the two ingredients if you'd like to make these completely raw.