



Raw vegan brownies

15'
Hands on

2 hours'
Hands off

16
Portion(s)

1
Difficulty



Ingredients

For the brownies

- 400 g dates, pitted
- 80 g walnuts
- 80 g pistachios
- 80 g hazelnuts
- 70 g cocoa powder
- 1 teaspoon(s) [vanilla extract](#)
- 2 tablespoon(s) water
- salt

For the coating

- 25 g cocoa powder
- 40 g coconut oil
- 60 g agave syrup
- 1/2 teaspoon(s) [vanilla extract](#)
- 60 g nuts, to garnish

Method

- Add all the ingredients for the brownies into a food processor and beat them well until they are homogenized.
- Pour the mixture into a square 20x20 cm [baking pan](#), lined with parchment paper.
- Press it well, firstly with your [hands](#) and then with the bottom of a glass, so that it is spread evenly.
- In a [bowl](#) mix the cocoa powder with the agave syrup, the coconut oil, and the vanilla extract, until there is a uniform paste.
- Spread the paste over the brownie and sprinkle the nuts on top of it.
- Refrigerate the baking pan for at least 2 hours, until the mixture thickens well.
- Remove from the refrigerator, cut the brownie into pieces, and serve.

Tip

Store in the refrigerator for a week, sealed well with plastic wrap or inside a food container.

Διατροφικός πίνακας

Nutrition information per portion

248 Calories (kcal)	15.0 Total Fat (g)	3.3 Saturated Fat (g)	22.0 Total Carbs (g)
12%	21%	17%	8%
20.0 Sugars (g)	5.3 Protein (g)	4.5 Fibre (g)	0.08 Sodium (g)
22%	11%	18%	1%